



# TRUMBULL PUBLIC SCHOOLS ELEMENTARY SCHOOL BREAKFAST & LUNCH MENU

## February 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 WG School-Made Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing Fruit Milk Choice	2 Sheppard's Pie With Mashed Potatoes, Beef and Veggies Fruit & Milk Choice
5 Chicken Patty on Whole Wheat Roll Oven Potato Rounds Broccoli Mixed Fruit & Milk Choice	6 Mozzarella Sticks With Marinara Sauce Broccoli Veggies Fruit Choice Milk Choice	7 Pasta Shells Meat or Marinara Garden Salad with Low fat dressing WG Roll Fruit and Milk Choice	8 WG School-Made Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing Fruit Milk Choice	9 <b>SUPERBOWL PARTY</b> Nachos with Queso Cheese Chicken Tenders Veggie Sticks Fruit and Milk
12 <b>Chinese New Year!</b> Orange Chicken Fried Rice Fortune Cookie Fruit and Milk	13 Taco Tuesday soft tacos Rice and beans Lettuce Tomatoes Cheese  Fruit & Milk	14 Valentines Day! Heart Shaped Chicken Nuggets Tater Tots Peas Fruit and Milk Choice	15 WG School-Made Pizza Cheese or Vegetable Garden Salad with Low-Fat Dressing Fruit Milk Choice  <i>Menus Subject to Change</i>	16 NO SCHOOL WINTER BREAK

**Breakfast Daily**  
**Choose one Entrée**  
 WG Cherry Frudel  
 WG Raspberry CC Bar  
 WG Cinn. Bun  
 WG Assorted Muffin  
 WG Bagel 1  
 WG Banana Slice  
 WG Breakfast Bar  
**Choose at least one**  
**may choose two**  
 Fruit / vegetable  
 Fresh fruit or fruit cup,  
 100% assorted juice  
**Choose**  
 1% Low Fat Milk or  
 FF Flavored Milk  
**Gluten Free Menu**  
**Breakfast**  
 Yogurt  
 Fruit Cup 2  
 Milk  
**Gluten Free Menu**  
**Lunch**  
 Turkey Breast GF  
 sandwich, carrot,  
 OR  
 Chef Salad  
 Dressing  
 GF Roll or Cracker  
 Fruit & Veggie Bar  
 1% Milk Choice  
**Available Daily – 3**  
**Fruit & Vegetable Bar**  
**Milk Choice**  
**BREAKFAST OFFERED**  
**DAILY**  
**Ala Carte Items are a**  
**separate charge**

**\*DAILY ENTRÉE CHOICES\***

1. Protein Salad w/roll
  2. Yogurt Plate, choice of muffin or cereal or bagel includes string cheese
  3. Turkey, Ham or Bologna or Tuna Sandwich, Veggie Sticks
  4. SunButter & Jelly Sandwich w/ baby carrots
- All meals include fruit & milk choice

**FRUIT & VEGETABLES CHOICES**

- Chickpeas, Three Bean
  - Mixed vegetables, Corn
  - Carrots, Tomato
  - Celery, Romaine Lettuce
  - Spinach ,Broccoli
  - Peppers, Onions
  - Hummus,
  - Peaches, Raisins
  - Mixed fruit, Pears
  - Orange Smiles
  - Applesauce, Grapes
  - Apples
- All entrees include accompanying veggie, fruit and milk choice




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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19</p> <p>NO SCHOOL</p> <p>WINTER BREAK</p> 	<p>20</p> <p>Cheese Quesadilla Fiesta Rice Corn Salsa, Olives, Onions Fruit and Milk Choice</p>	<p>21</p> <p>Cheese Ravioli With Meat or Marinara Sauce WG Roll Tossed Garden Salad with Low fat dressing Fruit Cup Milk Choice</p>	<p>22</p> <p>WG School-Made Pizza Cheese or Vegetable Garden Salad with Low- Fat Dressing Fruit Milk Choice</p>	<p>23</p> <p>Chicken Drumettes Mashed Potatoes Corn  Fruit &amp; Milk</p> <p><b>FREE AND REDUCED APPLICATIONS</b></p> <p><b>ARE –</b> Available online at <a href="http://trumbullps.org/food-services">trumbullps.org/food-services</a>. Available at every school office and kitchen throughout the year.</p>
<p>26</p> <p>Hot Dogs on a WG Roll Baked Beans Sauerkraut Fruit &amp; Milk</p>	<p>27</p> <p>Grilled Cheese &amp; Soup Oven Fries Veggie Sticks Fruit &amp; Milk</p>	<p>28</p> <p>Pasta with Meat or Marinara Garden Salad with Low fat dressing WG Roll Fruit and Milk Choice</p>	<p>29</p> <p>WG School-Made Pizza Cheese or Vegetable Garden Salad with Low- Fat Dressing Fruit Milk Choice</p>	
		<p><i>Menus Subject to Change</i></p>		



**\*DAILY ENTRÉE CHOICES\***

1. Protein Salad w/roll
  2. Yogurt Plate, choice of muffin or cereal or bagel includes string cheese
  3. Turkey, Ham or Bologna or Tuna Sandwich, Veggie Sticks
  4. SunButter & Jelly Sandwich w/ baby carrots
- All meals include fruit & milk choice

*Menu Subject to Change*

**FRUIT & VEGETABLES CHOICES**

- Chickpeas, Three Bean  
Mixed vegetables, Corn  
Carrots, Tomato  
Celery, Romaine Lettuce  
Spinach, Broccoli  
Peppers, Onions  
Hummus,  
Peaches, Raisins  
Mixed fruit, Pears  
Orange Smiles  
Applesauce, Grapes  
Apples

**All entrees include accompanying veggie, fruit and milk choice**

**Breakfast Daily**

**Choose one Entrée:**

- Egg Sandwich
- WG Cinn. Bun
- WG Assorted Muffin
- WG Bagel

- WG Banana Slice
- WG Breakfast Bar

**Choose at least one may choose two**

- Fruit / vegetable
- Fresh fruit or fruit cup, 100% assorted juice

**Choose**

- 1% Low Fat Milk or FF Flavored Milk

**Gluten Free Menu**

**Breakfast**

- Yogurt
- Fruit Cup
- Milk

**Gluten Free Menu**

**Lunch**

- Turkey Breast GF sandwich, carrot, OR
- Chef Salad

- Dressing
- GF Roll or Cracker

- Fruit & Veggie Bar
- 1% Milk Choice

**Available Daily – Fruit & Vegetable Bar**

- Milk Choice

**BREAKFAST OFFERED DAILY**

**Ala Carte Items are a separate charge**

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