

March-10

Middletown Middle Schools Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prices Include: Student Meal \$2.50 Adult Meal \$3.75 Reduced Meal \$.40 Milk Only \$.50 Daily Milk Choices: <u>Choose One</u> Whole 2% Skim 1% Lowfat Chocolate 1% Lowfat Strawberry Lactaid Daily Fruit Choices: <u>Choose One</u> Fresh, Canned, and 100% Fruit Juice <i>Combine Fruit & Milk with any of the entrees for a well balanced meal!</i> Daily Selections: Ham* Turkey* Tuna Salad* Egg Salad* Chicken Salad* Chicken Caesar Wrap Chicken Caesar Salad Chef Salad Bagel Yogurt Plate * Includes lettuce, tomato, cheese and choice of wrap, grinder roll, bulkie roll or wheat bread.</p> <p><i>This menu is in full compliance with and meets all USDA regulations on school menu initiatives for healthy children.</i></p>	1 Hamburger / Cheeseburger with American Cheese on a Wheat Roll Pickle Chips Potato Wedges Alternate: Cheese Pizza	2 Chicken & Cheese Quesadilla Side of Salsa Orange Rice Pilaf Corn on Cob Alternate: Grilled Cheese	3 Ziti with Meat Sauce Parmesan Crusted Broccoli French Dinner Roll Alternate: Chix /Cheese Ques.	4 Popcorn Chicken Mashed Potatoes Chicken Gravy Green Beans Soft Wheat Dinner Roll Alternate: Buffalo Chix Ten.	5 Stuffed Crust Pizza Wedge Cheese or Sausage Topping Garden Salad with Lite Italian Dressing Alternate: Fish Filet
	8 Hot Dog on a Bun with Sauerkraut and Condiments Potato Puffs Alternate: Cheese Pizza	9 Crispy Chicken Patty with American Cheese Lettuce & Tomato on a Wheat Roll Sweet Potato Fries Alternate: Grilled Cheese	10 Mozzarella Sticks Side of Marinara Sauce Garlic Bread Stick Caesar Salad Lite Caesar Dressing Alternate: Chix /Cheese Ques.	11 Taco Salad in Tortilla Shell with Seasoned Beef Shredded Cheddar, L&T Side of Salsa, White Rice Kernel Corn Alternate: Buffalo Chix Ten.	12 Personal Pizza with Cheese or Hamburg Topping Carrot Sticks with Ranch Dip Alternate: Fish Filet
	15 Chicken Tenders with BBQ Sauce Crinkle Cut Fries Orange Glazed Carrots Alternate: Cheese Pizza	16 Grilled Ham & Cheese on Wheat Bread Pickle Chips Tomato & Rice Soup Carrot Sticks Alternate: Grilled Cheese	17 Happy St. Patrick's Day Cheese Calzone with Marinara Sauce Three Bean Salad Green Apple Juice Bar Alternate: Chix /Cheese Ques.	18 Meatball Grinder with Marinara Sauce with Mozz. Cheese & Sweet Peppers Garden Salad with Italian Dressing Alternate: Buffalo Chix Ten.	19 6" French Bread Pizza with Cheese or Pepperoni Topping Cucumber Slices with Ranch Dip Alternate: Fish Filet
	22 Teriyaki Chicken Dippers Brown Rice Mixed Vegetables Soft Wheat Dinner Roll Alternate: Cheese Pizza	23 Belgium Waffle Sticks with Syrup Sausage Patties Hash Brown Patty Applesauce with Granola Alternate: Grilled Cheese	24 Shell Pasta with Marinara Sauce 2oz. Mozz. Cheese Caesar Salad Lite Caesar Dressing French Dinner Roll Alternate: Chix /Cheese Ques.	25 Honey BBQ Pork Rib on a Wheat Roll Baked Beans Fresh Cole Slaw Alternate: Buffalo Chix Ten.	26 Stuffed Crust Pizza Wedge Cheese or Green Pepper Vege Topping Garden Salad with Lite Creamy Italian Dressing Alternate: Fish Filet
	29 Mini Taco Quesadilla Side of Salsa Mexican Rice Kernel Corn Alternate: Cheese Pizza	30 Sloppy Joe on a Wheat Roll Smile Fries Sweet Peas Alternate: Grilled Cheese	31 Penne Pasta with Marinara Sauce Baked Eggplant Parmesan Garden Salad with Lite Italian Dressing Soft Wheat Dinner Roll Alternate: Chix /Cheese Ques.	1 Crispy Orange Chicken over White Rice with Chinese Noodles Steamed Broccoli Fortune Cookie Alternate: Buffalo Chix Ten.	2 <div style="text-align: center;"> No School Good Friday </div>

Menu subject to change without notice

Web: www.middletownschoools.org