

February-12

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</p> <p>Daily Milk Choices: <u>Choose One</u> 1% White Fat Free Skim 1/2% Chocolate 1% Strawberry Lactaid Soy</p> <p>Daily Fruit Choices: <u>Choose One</u> Fresh or Canned Fruit</p> <p><i>Combine Fruit & Milk with any of the entrees for a well balanced meal!</i></p> <p>Daily Selections: Ham* Turkey* Tuna Salad* Egg Salad* Chicken Salad* Chicken Caesar Wrap Caesar Salad Chef Salad Bagel Yogurt Plate</p> <p><small>* Includes lettuce, tomato, cheese and choice of wrap, grinder roll, bulkie roll or wheat bread.</small></p> <p><i>This menu is in full compliance with and meets all USDA regulations on school menu initiatives for healthy children.</i></p>	30 Hamburg/Cheeseburg (American Cheese) on a Wheat Roll Sweet Pepper Strips Potato Wedges Alternate: Cheese Pizza	31 Crispy Chicken Patty American Cheese Lettuce & Tomato on a Wheat Roll Crinkle Cut Fries Alt: Jamaican Beef Patty	1 Mozzarella Sticks Side of Marinara Sauce Garlic Bread Stick Caesar Salad Alt: Chix & Salsa Quesadilla	2 Nacho Grande Seasoned Ground Beef Shredded Cheddar Cheese Lettuce & Tomato Mexican Rice Kernel Corn Alternate:Grilled Cheese	3 6" French Bread Pizza w/ Cheese or Sausage Topping, Carrot Sticks with Lite Ranch Dip Alt: Crispy Baked Chicken	
	6 Hot Dog on a Bun with Condiments Potato Puffs Green Bean Salad Alternate: Cheese Pizza	7 Grilled Cheese on Wheat Bread Pickle Chips Carrot Sticks Chicken & Stars Soup Alt: Jamaican Beef Patty	8 Shells with Meat Sauce Garden Salad with Balsamic Dressing French Dinner Roll Alt: Chix & Salsa Quesadilla	9 Chicken Tenders Side of Mac & Cheese Parmesan Crusted Broccoli Soft Wheat Dinner Roll Alternate:Grilled Cheese	10 5" Personal Pizza with Cheese or Hamburg Topping Caesar Salad with Caesar Dressing Alt: Crispy Baked Chicken	
	13 Chicken and Salsa Quesadilla Side of Salsa Rice Pilaf Kernel Corn Alternate: Cheese Pizza	14 Meatball Grinder w/Sauce Sweet Peppers and Mozzarella Cheese Seasoned Sliced Cucumbers Alt: Jamaican Beef Patty	15 Cheese Calzone with Marinara Sauce Garden Salad Lite Italian Dressing Apple Crisp Alt: Chix & Salsa Quesadilla	16 Teriyake Chicken Dippers Asian Seasoned Rice Orange Glazed Carrots Soft Wheat Dinner Roll Alternate:Grilled Cheese	17 No School Professional Development	
	20 No School President's Day	21 No School Winter Recess	22 Penne Pasta with Marinara Sauce 2oz. Mozz. Cheese Three Bean Salad Cheesy Garlic Flatbread Alt: Chix & Salsa Quesadilla	23 Mashed Potato Bowl Mashed Potatoes Sweet Kernel Corn Popcorn Chicken Chicken Gravy Shredded Cheddar Cheese Soft Wheat Dinner Roll Alternate:Grilled Cheese	24 Stuffed Crust Pizza w/ Cheese or Pepperoni Topping Carrot Sticks with Lite Ranch Dressing Alt: Crispy Baked Chicken	

Menu subject to change without notice

Web: www.middletownschoools.org