**MARCH 2020**
**Middletown Elementary Schools**

**New recipes!**

This institution is an equal opportunity provider. National School Breakfast Week 2-6th join us for a healthy start to your day!

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| Chicken Nuggets  
Baked Crinkle Cut Fries  
Whole Wheat Dinner Roll  
Fresh Apple | Pasta with Meat Sauce  
Red Pepper Strips  
Whole Wheat Garlic Dinner Roll  
Mandarin Oranges | Flame Broiled Cheeseburgers  
on a Whole Wheat Bun  
Pineapple BBQ Baked Beans  
Assorted 100% Fruit Juice | Tex-Mex Chicken Rice Bags  
(Seasoned chicken with roasted peppers and onion served over brown rice)  
Black Beans with Mandarin Orange Salsa  
Cucumber Spears  
Grapes | Buffalo Chicken or Cheese  
Pizza Bagel  
Caesar Side Salad  
Assorted 100% Fruit Juice  
(no daily alternative pizza) |

Salad of the week: Buffalo Chicken

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</table>
| Chicken Nuggets  
Baked Crinkle Cut Fries  
Whole Wheat Dinner Roll  
Fresh Apple | Pasta with Meat Sauce  
Red Pepper Strips  
Whole Wheat Garlic Dinner Roll  
Mandarin Oranges | Flame Broiled Cheeseburgers  
on a Whole Wheat Bun  
Pineapple BBQ Baked Beans  
Assorted 100% Fruit Juice | Tex-Mex Chicken Rice Bags  
(Seasoned chicken with roasted peppers and onion served over brown rice)  
Black Beans with Mandarin Orange Salsa  
Cucumber Spears  
Grapes | Buffalo Chicken or Cheese  
Pizza Bagel  
Caesar Side Salad  
Assorted 100% Fruit Juice  
(no daily alternative pizza) |

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</table>
| Chicken Patty  
on a whole Wheat Bun  
Paprika Herb Roasted Carrots  
Orange | Sloppy Joe Sandwich  
(Ground beef with peppers, onions, tomatoes and special seasoning topped with shredded cheese served on a WG bun)  
Baked Crinkle Cut Fries  
Assorted 100% Fruit Juice | Turkey Hot Dog  
on a whole Wheat Bun  
Pineapple BBQ Baked Beans  
Pickle Chips  
Pineapple Cup | Crunchy Beef Taco  
(seasoned ground beef in a hard, spicy shell served with shredded cheese, lettuce and tomato)  
Salsa  
Seasoned Brown Rice  
Assorted 100% Fruit Juice | Pepperoni or Cheese  
French Bread Pizza  
Tossed Side Salad  
Banana  
(no daily alternative pizza) |

Salad of the week: Tuna Salad or Sandwich

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</table>
| Chicken Tenders  
Baked Crinkle Cut Fries  
Whole Wheat Dinner Roll  
Fresh Apple | Chicken Noodle Soup  
Grilled Cheese Sandwich  
Paprika Herb Roasted Carrots  
Sliced Peaches | American Chop Suey  
(Elbow macaroni with seasoned ground beef tomatoes and cheddar cheese)  
Chic Pea Salad  
Whole Wheat Garlic Dinner Roll  
Assorted 100% Fruit Juice | Sweet Teriyaki Chicken  
(Diced chicken without breading seasoned lightly with a sweet teriyaki sauce)  
over Brown Rice  
Cucumber Spears with Dip  
Banana | Hamburger or Cheese  
Pizza Bagel  
(Browned grounded beef sprinkle on each cheese pizza bagel as topping)  
Caesar Side Salad  
Assorted 100% Fruit Juice  
(no daily alternative pizza) |

Salad of the week: Chicken Caesar

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</table>
| Popcorn Chicken  
Mashed Potatoes  
Whole Wheat Dinner Roll  
Assorted 100% Fruit Juice | Mozzarella Sticks with a  
Whole Wheat Dinner Roll  
Marinara Sauce  
Oven Roasted Herb Broccoli  
Cinnamon Apple Sauce | Toasted Egg and Cheese with a  
Whole Wheat Bagel  
Baked Sweet Potato Tots  
Assorted 100% Fruit Juice | Loaded Beef Nachos  
(with seasoned ground beef topped with lettuce, tomato and shredded cheese)  
Black Beans with Mandarin Orange Salsa  
Banana | Pepperoni or Cheese  
French Bread Pizza  
Tossed Side Salad  
Celery Sticks  
Diced Pears  
(no daily alternative pizza) |

Salad of the week: BLT Salad

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</table>
| Chicken Nuggets  
Baked Crinkle Cut Fries  
Whole Wheat Dinner Roll  
Fresh Apple | French Toast Sticks with Sausage  
Baked Tater Tots  
Assorted 100% Fruit Juice | Alternative Daily Lunch Options:  
Bagel Fun Meal  
WG Bagel with light cream cheese, Cheese & Low-Fat Yogurt Cup  
Cheese Pizza  
made with whole wheat pizza dough & low-fat, low sodium cheese  
Sun butter & Jelly Sandwich  
on WG Bread  
Healthy Salad of the Week with a WW dinner roll; see detail each week | School meals can be paid by cash or check in your student's cafeteria. Checks should be made payable to: Middletown School Cafeteria Services. Visit MySchoolBucks.com for options to make payments or monitor your student’s lunch account balance online. To obtain an ID numbers contact the Food Service Department at 860/704-4519. |

Salad of the week: Buffalo Chicken

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*Fat free Chocolate milk and white milk, 1% milk, lactose free milk, assorted condiments, a variety of fresh vegetables and assorted fruits are available daily as part of any school lunch. Menus are subject to change. Please call 860/704-4519 for further information.*