

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School in honor of Labor Day	3 Chili Cheese Fries (Potato wedges topped with chili, Cheese sauce and sour cream) Whole Wheat Dinner Roll +Panini Special Today	4 Chef's Choice Pasta with Meat Sauce Tossed Side Salad Whole Wheat Garlic Dinner Roll	5 General Tso's Chicken Steamed Broccoli Seasoned Brown Rice +Panini Special Today	6 MHS Burger (1000 island dressing American cheese and sliced Pickles) Baked Beans Potato Chips
9 Twin Beef Crispy Tacos Shredded Lettuce Salsa Rice and Beans	10 Hot Dog Bar (with chili, shredded cheese, onions and condiments) Baked Beans Baked Crinkle Cut Fries +Panini Special Today	11 Macaroni & Cheese Caesar Side Salad Whole Wheat Dinner Roll	12 Chicken Stir Fry (Seasoned chicken meat with oriental style vegetables) over Lo Mein Noodles +Panini Special Today	13 Meatball Sub (Meatballs with tomato sauce and shred- ded mozzarella cheese on a Whole Wheat bun) Tossed Side Salad
16 Cheese Quesadilla (Golden-brown WG pastry crust filled with mozzarella cheese and sauce)) Lettuce and Tomato Salsa and Sour Cream	17 Stuffed Baked Potato Bar (Broccoli, Cheese sauce, sour cream and chili toppings) Whole Wheat Garlic Dinner Roll +Panini Special Today	18 Chicken and Broccoli Alfredo over Penne Pasta Tossed Side Salad Whole Wheat Dinner Roll	19 Spicy Chicken BLT Club (Chicken patty with turkey bacon, Lettuce, tomato and Sirach mayo) Carrots and Celery with Ranch Dip +Panini Special Today	20 Burger Bar (with turkey bacon, cheese, sautéed on- ions, lettuce & tomato) Pickle Spear Baked Potato Wedges
23 Loaded Beef Nachos (with seasoned ground beef topped with lettuce, tomato and shredded cheese) Salsa Rice and Beans	24 Popcorn Chicken Bowl (with mashed potatoes, corn niblets and gravy) Whole Wheat Dinner Roll +Panini Special Today	25 Baked Mozz Sticks with Marinara Sauce Caesar Side Salad Whole Wheat Garlic Dinner Roll	26 Buffalo Chicken Tenders Carrots and Celery with Ranch Dip Baked Crinkle Cut Fries Whole Wheat Dinner Roll +Panini Special Today	27 Shepherd's Pie (Seasoned ground beef with mashed potatoes and corn niblets) Whole Wheat Dinner Roll
30 Chicken Fajitas (Seasoned chicken with sautéed peppers and onions served with lettuce, tomato and Sour Cream) Corn and Black Bean Salad	Alternative Daily Lunch Options: Deli Bar (Boar's Head sliced meats with vegetable toppings)) Homemade Pizza made with whole wheat pizza dough & low-fat, low sodium cheese Healthy Salad Bar (selections of greens, cheese, meat and fresh vegetable toppings) Chicken Patty, Cheeseburger and Hamburger on a WG Bun Grab & Go Selections			
			Thursday August 29 Buffalo Chicken Tenders Carrots and Celery with Ranch Dip Baked Crinkle Cut Fries Whole Wheat Dinner Roll	Friday August 30 Baked Mozz Sticks with Marinara Sauce Caesar Side Salad Whole Wheat Garlic Dinner Roll

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.

School meals can be paid by cash or check in your students' 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.