### MARCH 2020

**Middletown High School – Favorites Menu**

National School Breakfast Week 2-6th, join us for a healthy start to your day!

This institution is an equal opportunity provider.

**Monday**
- Twin Beef Crispy Tacos
  - Shredded Lettuce
  - Salsa
  - Rice and Beans

**Tuesday**
- **BBQ Pulled Pork** served on a WW Bun
  - Pineapple BBQ Baked Beans
  - Pickle Spear

**Wednesday**
- **American Chop Suey**
  - (Elbow macaroni with seasoned ground beef tomatoes and cheddar cheese)
  - Caesar Side Salad
  - Whole Wheat Dinner Roll
  + Panini Special Today

**Thursday**
- **Oven Baked Chicken**
  - (Bone-in chicken roasted in the oven with Italian herbs and spices)
  - Paprika Herb Roasted Carrots
  - Mashed Potatoes
  + Toasted Garlic Flat Bread
  + Panini Special Today

**Friday**
- Shepherd’s Pie
  - (Seasoned ground beef with mashed potatoes and corn niblets)
  - Whole Wheat Dinner Roll
  + Panini Special Today

**French Toast Sticks with Syrup**
- Turkey Sausage
- Baked Sweet Potato Tots
- Orange Juice

**Popcorn Chicken Bowl**
- (with mashed potatoes, corn niblets and gravy)
- Whole Wheat Dinner Roll

**Sweet Teriyaki Chicken**
- (Diced chicken without breading seasoned lightly with a sweet teriyaki sauce)
- served over Brown Rice
  + Oven Roasted Herb Broccoli

**Loaded Beef Nachos**
- (with seasoned ground beef topped with lettuce, tomato and shredded cheese)
- Salsa
- Rice and Beans

**Buffalo Chicken Tender Carrots and Celery with Ranch Dip**
- Baked Crinkle Cut Fries
  + Toasted Garlic Flat Bread

**Baked Mozz Sticks with Marinara Sauce**
- Caesar Side Salad
  - Whole Wheat Garlic Dinner Roll
  + Panini Special Today

**BBQ Baked Chicken Mixed Vegetables**
- Served Brown Rice
  + Toasted Garlic Flat Bread

**Pulled Pork Quesadilla**
- (WG tortilla filled with shredded pork and cheddar cheese and baked to a crisp)
- Lettuce and Tomato
- Salsa and Sour Cream
- Rice and Beans

**Chili Cheese Fries**
- (Potato wedges topped with chili, cheese sauce and sour cream)
- Whole Wheat Dinner Roll

**Chef’s Choice**
- Pasta with Meat Sauce
  - Tossed Side Salad
  + Toasted Garlic Flat Bread
  + Panini Special Today

**General Tso’s Chicken**
- Steamed Broccoli
  - Seasoned Brown Rice

**Alternate 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**

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.