**MARCH 2020**  
**Middletown Middle Schools**  
This institution is an equal opportunity provider.  

**New recipes!**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
<td><strong>6</strong></td>
</tr>
</tbody>
</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 Cheeseburger  
on a Whole Wheat Bun  
Pineapple BBQ Baked Beans  
assorted 100% Fruit Juice  
| Roast Turkey with Gravy  
Mashed Potatoes  
Sweet Peas  
Cranberry Sauce  
Whole Wheat Dinner Roll  
| Buffalo Chicken or Cheese  
Pizza Bagel  
Caesar Side Salad  
Assorted 100% Fruit Juice  
(no daily alternative pizza)  
|  
| **9**  | **10**  | **11**    | **12**   | **13** |
| Chicken Patty  
on a Whole Wheat Bun  
**Oven Roasted Herb Broccoli**  
Orange  
| French Toast Sticks with Sausage  
with Turkey Sausage  
Baked Sweet Potato Tots  
Assorted 100% Fruit Juice  
| Turkey Hot Dog  
on a Whole Wheat Bun  
Pineapple BBQ Baked Beans  
Pickle Chips  
Grapes  
| Sloppy Joe Sandwich  
(Ground beef with peppers, onions, tomatoes and special seasonings topped with shredded cheese served on a W.G. bun)  
Baked Crinkle Cut Fries  
Assorted 100% Fruit Juice  
| Tex-Mex Chicken Rice Bowl  
(Seasoned chicken with roasted peppers and onions served over brown rice)  
Carrot Sticks with Dip  
Banana  
|  
| **16** | **17**  | **18**    | **19**   | **20** |
| Chicken Tenders  
Baked Crinkle Cut Fries  
Whole Wheat Dinner Roll  
Fresh Apple  
| **Chicken Noodle Soup**  
Grilled Cheese Sandwich  
Cucumber spears  
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  
| Oven Baked Chicken  
(Bone-in chicken roasted in the oven with Italian herbs and spices)  
Paprika Herb Roasted Carrots  
Mashed Potatoes  
Whole Wheat Dinner Roll  
| Pepperoni or Cheese  
French Bread Pizza  
Tossed Side Salad  
Banana  
(no daily alternative pizza)  
|  
| **23** | **24**  | **25**    | **26**   | **27** |
| 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  
Chick  
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  
| **Sweet Teriyaki Chicken**  
(Diced chicken without breading seasoned lightly with a sweet teriyaki sauce)  
over Brown Rice  
Celery Sticks with Dip  
Diced Pears  
|  

**Alternative Daily Lunch Options:**  
Assorted Wraps (Tuna Salad, Chicken Salad, Egg Salad, Turkey or Ham on a W.G. wrap)  
SunButter & Jelly Sandwich  
Cheese Pizza made with whole wheat pizza dough & low-fat, low sodium cheese  
Healthy Salad Selections with WW dinners rolls  
(Chef Salad, Chicken Caesar or fresh greens topped with Tuna or Chicken Salad)  
Chicken Patty on a WG Bun

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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.*