

MONTVILLE PUBLIC SCHOOLS HIGH SCHOOL MENU JANUARY 2019

ALTERNATE LUNCH AVAILABLE DAILY:
Salad Plate with 2 Proteins (1 oz. Meat, 1 oz. Cheese or 4 oz. Yogurt) Low Fat Milk or Fat Free Milk Included with all Meals


Monday
Tuesday
Wednesday
Thursday
Friday

**NO SCHOOL
NEW YEARS DAY**

Grilled Chicken Asiago and Bacon Club
W/Chipotle Ranch Dressing
Baked French Fries
Roasted Cauliflower
Celery Sticks W/Hummus
Fruit Cocktail
Low-Fat Free Milk

Super Cheesy Nachos
W/Seasoned Beef, Cheese
Shredded Lettuce, Tomato
Salsa
Refined Beans
Apple
Low Fat-Fat Free Milk

Loaded Waffle Fries
W/Chili and Cheese
Caesar Salad
WG Dinner Rolls
Baby Carrots
Diced Pears
Low Fat-Fat Free Milk

Spicy Sichuan Chicken
Over Fried Rice
Stir Fry Veggies
WG Dinner Roll
Cauliflower Cups
Grapes
Low Fat-Fat Free Milk

Buffalo Chicken Pizza
Caesar Salad
Carrot Sticks
Apple Slices
Low Fat-Fat Free Milk

Meatball Grinder
W/Marinara Sauce and Cheese
Sidewinder Fries
Steamed Broccoli
Sliced Peaches
Low Fat-Fat Free Milk

Popcorn Chicken Bowl
Mashed Potato W/Corn
Dinner Roll
Celery Cups w/hummus
Granny Smith Apple
Low Fat-Fat Free Milk

HALF DAY

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**NO SCHOOL
MLK DAY**

HALF DAY

BBQ Chicken Teriyaki
Over Brown Rice
WG Dinner Roll
Steamed Broccoli
Baby Carrots W/Hummus
Mac Apple
Low Fat-Fat Free Milk

Foot Long Hot Dog
On WG Bun
Cup of Chili
Baked Vegetarian Beans
Celery Sticks w/hummus
Diced Peaches
Low Fat-Fat Free Milk

Veggie or Cheese Pizza
Garden Tossed Salad
Cucumber Cups
Side Kicks
Low Fat-Fat Free Milk

ULTIMATE BREAKFAST SANDWICH
Egg, Cheese Sausage,
Hash Brown on a Bagel
Cauliflower Cups
Birthday Applesauce
Low Fat-Fat Free Milk

Soft Tacos
W/Beef or Chicken
Lettuce, Tomato & Cheese
Rice Pilaf
Red Pepper Cups
Fruit Cocktail
Low Fat-Fat Free Milk

BRUNCH FOR LUNCH
WG French toast Sticks
Chicken Sausage Patty
Hash Browns
Cucumber Sticks W/Hummus
Mac Apple
Low Fat-Fat Free Milk

HALF DAY

Full Price is \$3.10
Reduced Price is \$0.40

Menu Subject to Change

Carol Dodson, Food Service Director
cdodson@montvilleschools.org

1 CUP OF FRUIT AND 1 CUP OF VEGETABLES OFFERED DAILY

Pay online: www.mypaymentsplus.com

