

**MONTVILLE PUBLIC SCHOOLS  
MIDDLE SCHOOL MENU  
JANUARY 2019**

Breakfast, the Most Important Meal of the Day  
All Our Schools Offer  
Delicious Breakfast Items Daily, Come On In



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**1**  
**NEW YEARS DAY  
NO SCHOOL**

**2**  
WG Bagel  
W/Cream Cheese  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**3**  
Ham, Egg, Cheese On  
WG English Muffin  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**4**  
Whole Grain Cereal  
Non-Fat Yogurt  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**7**  
WG Baked Apple Muffin  
Cheese Sticks  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**8**  
WG Mini Pancakes  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**9**  
Chicken Sausage, Egg & Cheese  
On A WG Croissant  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**10**  
Whole Grain Cereal  
Non-Fat Yogurt  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**11**  
Whole Grain Apple Roll  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**14**  
WG Baked Blueberry Muffin  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**15**  
WG Mini French Toast Sticks  
Non-Fat Yogurt  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**16**  
Whole Grain Cereal  
Non-Fat Yogurt  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**17**  
Ham, Egg & Cheese  
On A Bagel  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**18**  
Whole Grain Cini-Minis  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**21**  
**NO SCHOOL  
MLK DAY**

**22**  
WG Blueberry Waffles  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**23**  
Egg, Cheese On Whole Grain  
Croissant  
Assorted Fruit  
100% Fruit Juice  
LOW FAT-FAT FREE MILK

**24**  
WG French Toast Sticks  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**25**  
WG Bagel  
W/Cream Cheese  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**28**  
WG Baked Choc Chip Muffin  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**29**  
Whole Grain Apple Roll  
Assorted Fruit  
100% Fruit Juice  
Low Fat – Fat Free Milk

**30**  
WG Bake Blueberry Muffins  
Cheese Sticks  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk

**31**  
WG Mini Pancakes  
Assorted Fruit  
100% Fruit Juice  
Low Fat-Fat Free Milk



FULL PRICE \$1.75

REDUCED PRICE \$.30

ALL MEALS INCLUDE 1/2 CUP OF FRUIT  
100% FRUIT JUICE

Carol Dodson, Food Service Director,  
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MENUS SUBJECT TO CHANGE

TO PAY ON LINE: [WWW.MYPAYMENTSPLUS.COM](http://WWW.MYPAYMENTSPLUS.COM)