

**MONTVILLE PUBLIC SCHOOLS  
MIDDLE 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**

**2019**

**1**  
**HAPPY NEW YEAR  
NO SCHOOL  
HOLIDAY**

**2**  
Hamburger on WG Bun  
Baked French Fries  
Steamed Carrots  
Sliced Peaches  
Celery Sticks  
Low Fat-Fat Free Milk

**3**  
Spicy Sichuan Chicken  
Over Fried Rice  
Stir Fry Veggies  
WG Dinner Roll  
Sliced Apples  
Low Fat-Fat Free Milk

**4**  
French Bread Pizza  
Caesar Salad  
Carrot Sticks  
Fruit Cocktail  
Low Fat-Fat Free Milk

**7**  
Turkey Grinder With  
Lettuce & Cheese On  
A Soft Wheat Roll  
Bag of Doritos  
Cucumber Cups  
Diced Peaches  
Low Fat-Fat Free Milk

**8**  
Mozzarella Sticks  
Marinara Sauce  
Corn Muffin  
Tossed Green Salad  
Celery Sticks w/hummus  
Fresh Mac Apple  
Low Fat-Fat Free Milk

**9**  
Loaded Waffle Fries  
W/Chili & Cheese  
Caesar Salad  
Dinner Roll  
Carrot Sticks  
Applesauce  
Low Fat-Fat Free Milk

**10**  
Chicken Patty on WG Bun  
Baked French Fries  
Steamed Corn  
Red Pepper Cups  
Oranges  
Low Fat-Fat Free Milk

**11**  
**SAL'S PIZZA**  
WW Cheese Pizza  
Spinach Salad w/Peppers  
Cucumbers, Tomato,  
Garbanzo Beans  
Diced Pears  
Low Fat-Fat Free Milk

**14**  
Meatball Grinder  
W/Cheese and Marinara Sauce  
Baked French Fries  
Celery Sticks  
Banana  
Low Fat-Fat Free Milk

**15**  
**ULTIMATE BREAKFAST  
SANDWICH**  
Egg, Cheese Sausage,  
Hash Brown on a Bagel  
Cauliflower Cups  
Birthday Applesauce  
Low Fat-Fat Free Milk

**16**  
Popcorn Chicken Bowl  
W/Mashed Potatoes & Corn  
WG Dinner Roll  
Red Pepper Cups  
Granny Smith Apple  
Low Fat-Fat Free Milk

**17**  
**SUPER CHEESY NACHOS**  
Over Seasoned Beef and Cheese  
Shredded Lettuce, Tomato,  
Salsa & WG Nacho Chips  
Baby Carrot W/Hummus  
Fresh Grapes  
Low Fat-Fat Free Milk

**18**  
French Bread Pizza  
Mesclun Salad, W/Cukes  
Chic Peas, Tomato  
Side Kicks  
Low Fat-Fat Free Milk

**21**  
**No School  
MLK Day**

**22**  
Grilled Ham & Cheese Melt  
Tomato Soup  
Baked French Fries  
Roasted Green Beans  
Fresh Pear  
Low Fat-Fat Free Milk

**23**  
BBQ Chicken Teriyaki  
Over Brown Rice  
Steamed Broccoli  
WG Dinner Roll  
Cucumber Slices  
Sliced Apples  
Low Fat-Fat Free Milk

**24**  
**ITALIAN DOGS**  
Beef Hot Dogs  
Wrapped W/Cheesy Bread  
Cup of Chili  
Baked Vegetarian Beans  
Sliced Peaches  
Low Fat-Fat Free Milk

**25**  
**SAL'S PIZZA**  
Cheese or Pepperoni Pizza  
Garden Tossed Salad  
W/Cucumbers, Tomatoes And  
Dressing  
Strawberry Cups  
Low Fat-Fat Free Milk

**28**  
Pasta W/MEAT Sauce  
Garlic Knots  
Leafy Green Salad  
Carrot Sticks w/Hummus  
Mac Apple  
Low Fat-Fat Free Milk

**29**  
Chicken Tenders  
Served W/Honey Wheat Biscuit  
Baked Potato Smiles  
Steamed Green Beans  
Sliced Peaches  
Low Fat-Fat Free Milk

**30**  
**BRUNCH FOR LUNCH**  
French Toast Sticks  
Chicken Sausage Patty  
Hash Brown  
Cucumber Slices  
Applesauce  
Low Fat-Fat Free Milk

**31**  
**Half Day**



Full Price is \$2.95  
Reduced Price is \$0.40

Menu Subject to Change

Carol Dodson, Food Service Director  
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Now Offered on Tuesdays "Taco Tuesday" and Thursday "Chicken Patties"

1/2 CUP OF FRUIT AND 1/2 CUP OF VEGETABLES OFFERED DAILY

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