

# Greenwich Public Schools Middle School Menu March 2020

**Why Pack Lunch?**

\$3.85 includes whole fresh hand fruit in season, unlimited fresh fruit & veggie cups, and choice of milk

**Look This Month!  
Crunchy Kale Chips**



Local Empire Apples Served  
All Month!  
**Blue Hills Orchard**  
Wallingford, Connecticut



**Meet the Farmer:** Eric Henry  
won Connecticut's Outstanding Young  
Farmer Award in 2009 and runs Blue  
Hills Orchard 300 acre farm.



**Unlimited Fruits & Vegetables  
included with your Meal**



**ON THE MENU!**

Broccoli and Cheese  
Stuffed Baked Potato



**ON THE MENU!**

Veggie Quesadilla w/ Pinto  
Beans & Cheese



	9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY
Entree	<b>Mediterranean Grilled Chicken Pita</b>	<b>Chicken Fajitas</b> served with your favorite toppings & Steamed Brown Rice	<b>Pasta Bar</b> Homemade Meat Sauce or Non-GMO Marinara Sauce. Served with Garlic Toast	<b>Hummel Brother's Frankfurter Uncured</b> All-Beef served with Oven Baked Steak Fries	<b>Wild Mike's Ultimate Cheese Breadsticks</b> served with Marinara Dipping Sauce
Hot Oven	<b>Veggie Frittata</b> on Whole Grain Roll	<b>CRUNCHY KALE CHIPS</b>	<b>BEANS AND BRAISED GREENS</b>	<b>Sizzling Chicken Vegetable Noodle Stir-Fry</b>	<b>CHARRED ORANGE BROCCOLI</b>
Pizza	<b>Classic Cheese Pizza</b> Non GMO - Tomato Sauce & Shredded Mozzarella Cheese Broccoli and Cheddar Pizza	<b>Veggie Pizza</b> Non GMO - Tomato Sauce & Shredded Mozzarella Cheese Classic Cheese Pizza	<b>Peppers and Onion Pizza</b> Non GMO - Tomato Sauce & Shredded Mozzarella Cheese Classic Cheese Pizza	<b>Mushroom Pizza</b> Non GMO - Tomato Sauce & Shredded Mozzarella Cheese Classic Cheese Pizza	<b>Pepperoni Pizza</b> Non GMO - Tomato Sauce & Shredded Mozzarella Cheese Classic Cheese Pizza
DELI	<b>Roast Turkey Sandwich</b> Daily Assorted Deli Sandwiches	<b>Fresh Chicken Sandwich</b> Daily Assorted Deli	<b>Tuna Fish Sandwich</b> Daily Assorted Deli Sandwiches	<b>Egg Salad Sandwich</b> Daily Assorted Deli Sandwiches	<b>Boar's Head Deli Ham and Cheese</b> Daily Assorted Deli Sandwiches
Signature Salads Quick To-Go	<b>CHEF SALAD</b> Lettuce, Turkey, Ham, Cheese, Carrots, Celery, Cherry Tomatoes	<b>Spinach Salad</b> Leaf Spinach with Sliced Red Onion and Hard Boiled Eggs	<b>Grilled Chicken Caesar Salad</b> Fresh Romaine Lettuce and Parmesan Cheese w/w/out Whole Grain Croutons	<b>Homemade Chicken Noodle Soup</b> Hearty Broth with Fresh Vegetables and Egg Noodles	<b>Tuna Pasta Salad</b> Mini Shell Pasta with Tuna Fish and Minced Celery