

# April 1 - 5, 2019 Middle Schools



**Lettuce** Eat Our Greens!

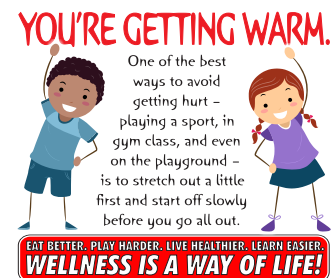
We will be featuring a different local product each month this year through the Put Local On Your Tray project

Unlimited Fruits & Vegetables included with your Meal



**Available Daily**

- Whole Wheat Bagel w/ String Cheese & Stonyfield Organic Yogurt
- Peanut Butter & Jelly Sandwich
- WG Cereal w/ String Cheese
- Fruit, Granola & Yogurt Parfait
- Our Homemade Hummus<sup>GF</sup> w/ Crunchy Tortilla Chips  
Fresh made Sesame Free Hummus



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	1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
Entree	French Toast Sticks w/ Turkey Breakfast Sausage	Taco Salad <sup>FS,GF</sup> served with All the Fixings	Baked Ziti with Homemade Non GMO Tomato Sauce <sup>FS,V</sup>	Hummel Bros. All Beef Uncured Hot Dog <sup>NNF,GF</sup> on a Bun served w/ Oven Baked Fries	Grilled Cheese Sandwich with Tomato Soup
Hot Oven	Crispy Chicken Filet Sandwich <sup>ABF</sup>	Fresh Egg & Cheese Sandwich <sup>FS</sup>	Crispy Chicken Drumstick <sup>ABF</sup> with Whole Wheat Dinner Roll	Broccoli and Cheese Stuffed Baked Potato <sup>GF,V,FS</sup> served with WW Dinner Roll	Baja Fish Sticks with Tartar Sauce. Served with WW Dinner Roll
Pizza	Fresh Made Cheese Pizza Non GMO Marinara Sauce and Shredded Mozzarella Pepperoni Pizza	Fresh Made Cheese Pizza Non GMO Marinara Sauce and Shredded Mozzarella Buffalo Chicken <sup>ABF</sup> Pizza	Fresh Made Cheese Pizza Non GMO Marinara Sauce and Shredded Mozzarella Bacon Pizza	Fresh Made Cheese Pizza Non GMO Marinara Sauce and Shredded Mozzarella Veggie Pizza	Fresh Made Cheese Pizza Non GMO Marinara Sauce and Shredded Mozzarella Pepperoni Pizza
DELI	Boar's Head Boar's Head Ham & Cheese Deli Assorted Deli Sandwiches	Boar's Head Boar's Head Oven Gold Turkey Deli Assorted Deli Sandwiches	Boar's Head Tuna Fish Sandwich Assorted Deli Sandwiches	Boar's Head Boar's Head Chipotle Chicken Sandwich Assorted Deli Sandwiches	Boar's Head Italian Combo Assorted Deli Sandwiches
Signature Salads Quick To-Go	Grilled Chicken <sup>ABF,GF</sup> Caesar Salad w/w/out Whole Grain Croutons Home made Chicken Noodle Soup	CHEF SALAD <sup>GF</sup> - Lettuce, Turkey, Ham, Cheese, Carrots, Celery, Cherry Tomatoes TUNA PASTA SALAD Pasta Shells combined w/ Tuna and Ranch Dressing	Grilled Chicken <sup>ABF,GF</sup> Caesar Salad w/w/out Whole Grain Croutons Home made Chicken Noodle Soup	CHEF SALAD <sup>GF</sup> - Lettuce, Turkey, Ham, Cheese, Carrots, Celery, Cherry Tomatoes TUNA PASTA SALAD Pasta Shells combined w/ Tuna and Ranch Dressing	Grilled Chicken <sup>ABF,GF</sup> Caesar Salad w/w/out Whole Grain Croutons Home made Chicken Noodle Soup

Included with your entree, unlimited fresh fruit and vegetable cups, fresh local skim milk, 1% milk and skim chocolate milk offered daily. Gluten Free choices (available without a bun) are designated with a "GF" symbol. Hormone and antibiotic free choices are designated with a "ABF" symbol. Nitrate and nitrite free choices are designated with a "NNF" symbol. From Scratch choices are designated with a "FS" symbol. Vegetarian choices are designated with a "V" symbol. Menu subject to change.