












Stamford Public Schools Middle School Lunch Menu

September 2-3

Student Meal \$2.85 – Reduced \$0.40 – Milk \$0.50 – Adult Meal \$4.00

Meals include choice of 1% white, skim milk, or ½% chocolate milk (antibiotic and hormone free)

Station	Monday	Tuesday	Wednesday	Thursday 2	Friday 3
 Favorite Comfort Foods & International Flavors	<p>Welcome Back Students!!!</p>			<p><i>Classic Baked Macaroni & Cheese</i> 🍴🌱 Broccoli Normandy Whole Wheat Dinner Roll 🍴</p>	<p><i>Taco Bar</i> Cilantro Brown Rice 🍴 Seasoned Corn</p>
 Lean Beef Burgers & Breaded Chicken Sandwiches Available Daily				<p><u>Today's Special</u> Hot Dog 🍴 Baked Beans</p>	<p><u>Today's Special</u> Buffalo Chicken Wrap 🍴 Carrot Fries</p>
 Classic Cheese & Pepperoni Pizza Baked Daily				<p><u>Today's Special</u> “Whatever” Pizza 🍴 (Chef's Choice)</p>	<p><u>Today's Special</u> Vegetable Stromboli 🍴🌱</p>
	<p>Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Tuna Salad, Chilled Breaded Chicken And assorted Cheeses Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Pasta Salad</p>				
	<p>Fresh Food Fast – Packaged Grab N’ Go <u>Available Daily</u> Assorted Salad & sandwich Meals Fresh Yogurt Parfaits <u>Weekly Special:</u>  🍴 Chicken Salad Wrap w/Macaroni Salad & Fresh orange  🍴 Tuna Wrap w/ Peaches and Fresh banana  🍴 Mediterranean Salad w/Balsamic Vinaigrette. Whole Wheat Dinner Roll and Apple Slices</p>				
	<p>Cold Fruit & Vegetable Bar Offered Daily Featuring Fresh Seasonal Produce Including Local Items as Available</p>				
<p>Meat Free Option  Made with Whole Grain  Balanced Choices © Meal Suggestions, Full of Flavor and Packed w/ Essential Nutrients to get you Through Your Day</p> <p>To encourage the consumption of fresh fruit and vegetables students can take unlimited accompaniments with their school lunch meal Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit, and fresh cut fruit (excludes potatoes)</p>					

Stamford Public Schools

**September 6-10
Middle School Lunch Menu**

Student Meal \$2.85 – Reduced \$0.40 – Milk \$0.50 – Adult Meal \$4.00

Meals include choice of 1% white, skim milk, or ½% chocolate milk (antibiotic and hormone free)

Station	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
 Favorite Comfort Foods & International Flavors	Labor Day	Chicken Quesadilla Toppings include: Salsa, Shredded Lettuce, Cheddar Cheese and Sour Cream Cilantro Brown Rice 🌱 Mexican Succotash	Marinated Teriyaki Chicken Lo Mein Oriental Vegetables Sesame Breadstick	No School	No School
 Lean Beef Burgers & Breaded Chicken Sandwiches Available Daily		<u>Today's Special</u> Meatball Sub Sandwich 🌱 Warm Peach Wedges Taste of the Season Promo	<u>Today's Special</u> Fiesta Burger 🌱 Vegetable Gardenia	<u>Today's Special</u>	<u>Today's Special</u>
 Classic Cheese & Pepperoni Pizza Baked Daily		<u>Today's Special</u> Roasted Veggie Pizza 🌱🌿	<u>Today's Special</u> Chicken Florentine Stromboli 🌱	<u>Today's Special</u>	<u>Today's Special</u>
	Fresh Food Fast – Packaged Grab N’ Go Available Daily Assorted Salad & sandwich Meals Fresh Yogurt Parfaits Weekly Special:  🌱 Chicken Salad Wrap w/Macaroni Salad & Fresh orange  🌱 Tuna Wrap w/ Peaches and Fresh banana  🌱🌿 Mediterranean Salad w/Balsamic Vinaigrette. Whole Wheat Dinner Roll and Apple Slices				
	Cold Fruit & Vegetable Bar Offered Daily Featuring Fresh Seasonal Produce Including Local Items as Available				






























Stamford Public Schools

September 13-17

Middle School Lunch Menu

Student Meal \$2.85 – Reduced \$0.40 – Milk \$0.50 – Adult Meal \$4.00

Meals include choice of 1% white, skim milk, or ½% chocolate milk (antibiotic and hormone free)

































Station	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
 Favorite Comfort Foods & International Flavors	Salisbury Steak Cheesy Mashed Potatoes/Gravy Corn Cob Biscuit	Baked Stuffed Shells  (Ricotta Cheese Stuffed Shells with House Made Marinara Sauce and Melted Mozzarella) Seasoned Italian Vegetables Garlic Bread 	Breakfast For Lunch Buffet (Cheesy Scrambled Eggs, French Toast Sticks, Peach Topping Sausage Potato Wedges) Taste of the Season Promo	BBQ Chicken Roasted Red Bliss Potatoes Broccoli Normandy	General Tso's Chicken Chinese Rice  Stir Fry Vegetables
 Lean Beef Burgers & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Chicken Parmesan Sandwich  Oven Fries	<u>Today's Special</u> Bacon Burger  Oven Baked Fries Fresh Romaine Lettuce and Tomato	<u>Today's Special</u> Hot Dog  Baked Beans	<u>Today's Special</u>  Honey Mustard Chicken Wrap Warm Peach Wedges	<u>Today's Special</u>  Buffalo Chicken Sandwich Vegetable Gardenia
 Classic Cheese & Pepperoni Pizza Baked Daily	<u>Today's Special</u> Primavera Stromboli  	<u>Today's Special</u> Chicken Mexican Pizza 	<u>Today's Special</u> Hawaiian Pizza 	<u>Today's Special</u> "Whatever" Pizza (Chefs Choice)	<u>Today's Special</u> Roasted Corn and Red Onion Flatbread  
	Fresh Food Fast – Packaged Grab N' Go Available Daily Assorted Salad & sandwich Meals Fresh Yogurt Parfaits Weekly Special:   Chicken Salad Wrap w/Macaroni Salad & Fresh orange   Tuna Wrap w/ Peaches and Fresh banana    Mediterranean Salad w/Balsamic Vinaigrette. Whole Wheat Dinner Roll and Apple Slices				
	Cold Fruit & Vegetable Bar Offered Daily Featuring Fresh Seasonal Produce Including Local Items as Available				
<p> Meat Free Option</p> <p> Made with Whole Grain</p> <p> Balanced Choices© Meal Suggestions, Full of Flavor and Packed w/ Essential Nutrients to get you Through Your Day</p> <p>To encourage the consumption of fresh fruits and vegetables students can take unlimited accompaniments with their school lunch meal Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit, and fresh cut fruit (excludes potatoes)</p>					

Stamford Public Schools Middle School Lunch Menu

September 20-24

Student Meal \$2.85 – Reduced \$0.40 – Milk \$0.50 – Adult Meal \$4.00

























Meals include choice of 1% white, skim milk, or ½% chocolate milk (antibiotic and hormone free)

Station	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
 Favorite Comfort Foods & International Flavors	<i>Barilla plus</i>  <i>Spaghetti and Meatballs</i> Seasoned Italian Vegetables Cheesy Garlic bread 	<i>Chinese Orange Chicken</i> Fried Oriental Rice  Oriental Vegetables	<i>Beef Fajitas</i> (Seasoned Beef, peppers and onions in tortillas ) Toppings include: Salsa, Shredded Lettuce, Cheddar and Sour Cream Brown Rice 	<i>Classic Baked Macaroni and Cheese</i>  Seasoned Green Beans Whole Wheat Dinner Roll 	<i>Breaded Oven Baked Chicken</i> Mashed Potatoes Seasoned Broccoli
 Lean Beef Burgers & Breaded Chicken Sandwiches Available Daily	<u><i>Today's Special</i></u> Chicken Caesar Wrap  Coleslaw	<u><i>Today's Special</i></u> Roasted Italian Veggie Wrap   Potato Wedges	<u><i>Today's Special</i></u> Fiesta Burger  Vegetable Gardenia	<u><i>Today's Special</i></u> Chicken Cordon Bleu  Warm peach Wedges	<u><i>Today's Special</i></u> Meatball Sub Sandwich  Oven Fries
 Classic Cheese & Pepperoni Pizza Baked Daily	<u><i>Today's Special</i></u> Three Cheese Stromboli  	<u><i>Today's Special</i></u> Aloha Pizza with Chicken and Ham 	<u><i>Today's Special</i></u> Ricotta Spinach Pizza  	<u><i>Today's Special</i></u> "Whatever" Pizza  (Chefs Choice)	<u><i>Today's Special</i></u> Chicken Parmesan Flatbread 
	Fresh Food Fast – Packaged Grab N' Go <u>Available Daily</u> Assorted Salad & sandwich Meals Fresh Yogurt Parfaits <u>Weekly Special:</u>   Chicken Salad Wrap w/Macaroni Salad & Fresh orange   Tuna Wrap w/ Peaches and Fresh banana    Mediterranean Salad w/Balsamic Vinaigrette. Whole Wheat Dinner Roll and Apple Slices				
	Cold Fruit & Vegetable Bar Offered Daily Featuring Fresh Seasonal Produce Including Local Items as Available				

Stamford Public Schools Middle School Lunch Menu

September 27-Oct 1

Student Meal \$2.85 – Reduced \$0.40 – Milk \$0.50 – Adult Meal \$4.00
Meals include choice of 1% white, skim milk, or ½% chocolate milk (antibiotic and hormone free)

Station	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1
 Favorite Comfort Foods & International Flavors	Baked 3 Cheese Lasagna  Garlic Bread  Seasoned Zucchini	Crispy Sweet and Sour Chicken Vegetable Lo Mein Sesame Breadstick	Early release	Chili Con Carne Toppings include: Shredded Cheese, Sour cream, Chopped onion and Corn Chips	Whole Grain Baked Breaded Chicken Nuggets  Seasoned Potato Wedges Seasoned Mixed Vegetables
 Lean Beef Burgers & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Meatball Sub Sandwich  Oven Roasted Fries	<u>Today's Special</u> Chicken Caesar Wrap  Coleslaw	<u>Today's Special</u>	<u>Today's Special</u> California Cheese Steak Sandwich  Steamed Broccoli	<u>Today's Special</u> Buffalo Chicken Wrap  Oven Roasted Fries
 Classic Cheese & Pepperoni Pizza Baked Daily	<u>Today's Special</u> Chicken Parmesan Pizza 	<u>Today's Special</u> Roasted Corn & Onion Flatbread 	<u>Today's Special</u>	<u>Today's Special</u> Turkey and Swiss Flatbread Fold 	<u>Today's Special</u> Neapolitan Pizza w/ Fresh Tomatoes and Herbs 
	<p>Fresh Food Fast – Packaged Grab N’ Go <u>Available Daily</u> Assorted Salad & sandwich Meals Fresh Yogurt Parfaits</p> <p><u>Weekly Special:</u></p> <p>  Chicken Salad Wrap w/Macaroni Salad & Fresh orange</p> <p>  Tuna Wrap w/ Peaches and Fresh banana</p> <p>  Mediterranean Salad w/Balsamic Vinaigrette. Whole Wheat Dinner Roll and Apple Slices</p>				
	<p>Cold Fruit & Vegetable Bar Offered Daily Featuring Fresh Seasonal Produce Including Local Items as Available</p>				
<p> Meat Free Option</p> <p> Made with Whole Grain</p> <p>Balanced Choices© Meal Suggestions, Full of Flavor and Packed w/ Essential Nutrients to get you Through Your Day</p> <p>To encourage the consumption of fresh fruits and vegetables students can take unlimited accompaniments with their school lunch meal Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit, and fresh cut fruit (excludes potatoes)</p>					

