

Stamford Public Schools Middle School Lunch Menu

March 1-5, 2010
National Nutrition

Month

Student Meal \$2.85 – Reduced \$0.40 – Milk \$0.50 – Adult Meal \$3.50
Meals include choice of 1% white, skim milk, or 1/2% chocolate milk (antibiotic and hormone free)

Station	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
 Favorite Comfort Foods & International Flavors	<i>Classic Baked Macaroni & Cheese</i> 🌱🌱 Broccoli Normandy Whole Wheat Dinner Roll 🌱	Hoisin Chicken Oriental Fried Rice 🌱 Seasoned Green Beans	Taco Bar Cilantro Brown 🌱 Seasoned Corn	Roasted Chicken Cuban Rice 🌱 Seasoned Peas & Carrots Taste of the Season Promo	Meatloaf/Gravy Mashed Potatoes Seasoned Broccoli Whole Wheat Dinner Roll 🌱
 Lean Beef Burgers & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Meatball Sub Sandwich 🌱	<u>Today's Special</u> Chipotle Burger 🌱 Coleslaw	<u>Today's Special</u> Chicken Club Sandwich 🌱 Seasoned Potatoes	<u>Today's Special</u> Sloppy Joe Sandwich 🌱 Potato Wedges	<u>Today's Special</u> Buffalo Chicken Wrap 🌱 Carrot Fries Taste of the Season Promo
 Classic Cheese & Pepperoni Pizza Baked Daily	<u>Today's Special</u> Chicken Parmesan Pizza 🌱	<u>Today's Special</u> Italian Sausage Pizza 🌱	<u>Today's Special</u> Roasted Veggie Pizza 🌱🌱	<u>Today's Special</u> Fajita Pizza 🌱	<u>Today's Special</u> Margarita Flatbread 🌱🌱
	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				
	Fresh Food Fast – Packaged Grab N' Go <u>Available Daily</u> Assorted Salad & sandwich Meals Fresh Yogurt Parfaits <u>Weekly Special:</u> 🌱 Neapolitan Hero w/Balsamic Vinaigrette & Vegetable Pasta Salad & Chilled Pineapples 🌱 Chicken Salad Wrap w/macaroni Salad & Fresh orange 🌱 Triple decker Turkey & Swiss w/macaroni Salad & banana				
	Cold Fruit & Vegetable Bar Offered Daily Featuring Fresh Seasonal Produce Including Local Items as Available				
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 To encourage the consumption of fresh fruitys 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 potatooes)					









Stamford Public Schools Middle School Lunch Menu

March 8-12, 2010

National Nutrition Month

Student Meal \$2.85 – Reduced \$0.40 – Milk \$0.50 – Adult Meal \$3.50

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

Station	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
 Favorite Comfort Foods & International Flavors	<i>Penne Pasta with Meat Sauce</i> <i>Seasoned Italian Vegetables</i> <i>Warm Garlic Bread</i>	<i>Chicken Enchilada</i> <i>Brown Rice</i> <i>Seasoned Corn</i>	<i>Teriyaki Chicken</i> Lo Mein Oriental Vegetables Sesame Breadstick	<i>Puerto Rican Pork</i> <i>Cuban Rice</i> Peas and Carrots Taste of the Season Promo	Baked Potato Bar with Toppings Seasoned Broccoli
 Lean Beef Burgers & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Chicken Cordon Bleu Wrap (Chicken Patty, ham and swiss cheese) Baked Fries	<u>Today's Special</u> <i>Mediterranean Wrap</i> (Cucumbers, red onion and tomato drizzled with Ranch Dressing)	<u>Today's Special</u> Fiesta Burger Seasoned Fries	<u>Today's Special</u> Chicken Burrito Tortilla Chips	<u>Today's Special</u> Cheesesteak Wrap Carrot Fries Taste of the Season Promo
 Classic Cheese & Pepperoni Pizza Baked Daily	<u>Today's Special</u> Roasted Veggie Pizza	<u>Today's Special</u> <i>Canyon Resort Pizza</i> (Broccoli, onion, peppers, ham and turkey on whole wheat crust)	<u>Today's Special</u> Chicken Florentine Pizza	<u>Today's Special</u> Spinach Pizza	<u>Today's Special</u> Margherita Flatbread
	Fresh Food Fast – Packaged Grab N' Go Available Daily Assorted Salad & sandwich Meals Fresh Yogurt Parfaits <u>Weekly Special:</u>  Neapolitan Hero w/Balsamic Vinaigrette & Vegetable Pasta Salad & Chilled Pineapples  Chicken Salad Wrap w/macaroni Salad & Fresh orange  Triple decker Turkey & Swiss w/macaroni Salad & banana				
	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 fruitys 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 potatatoes)</p>					

Stamford Public Schools March 15-19, 2010

Middle School Lunch Menu National Nutrition Month

Student Meal \$2.85 – Reduced \$0.40 – Milk \$0.50 – Adult Meal \$3.50

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

































Station	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
 Favorite Comfort Foods & International Flavors	Salisbury Steak Mashed Potatoes/Gravy Corn Cob Biscuit	<i>Baked Stuffed Shells</i>  (Ricotta Cheese Stuffed Shells with House Made Marinara Sauce and Melted Mozzarella) Seasoned Italian Vegetables Garlic Bread 	Early Dismissal	<i>“Kickin” BBQ Chicken</i> <i>Cilantro Brown Rice</i>  Broccoli Normandy	<i>General Tso’s Chicken</i> <i>Chinese Rice</i>  <i>Seasoned Green Beans</i>
 Lean Beef Burgers & Breaded Chicken Sandwiches Available Daily	<i>Today’s Special</i> Chicken Parmesan Sandwich  Oven Fries	<i>Today’s Special</i> Bacon Burger  Oven Baked Fries Fresh Romaine Lettuce and Tomato	<i>Today’s Special</i>	<i>Today’s Special</i>  Honey Mustard Chicken Wrap Sweet Apple Fries	<i>Today’s Special</i>  BBQ Chicken on Whole Wheat Bun Seasoned Potato Wedges Fresh Romaine Lettuce and Tomato
 Classic Cheese & Pepperoni Pizza Baked Daily	<i>Today’s Special</i> Primavera Stromboli 	<i>Today’s Special</i> Chicken Mexican Pizza 	<i>Today’s Special</i>	<i>Today’s Special</i> Hawaiian Pizza 	<i>Today’s Special</i> Roasted Corn and Red Onion Flatbread 
	Fresh Food Fast – Packaged Grab N’ Go <u>Available Daily</u> Assorted Salad & sandwich Meals Fresh Yogurt Parfaits <u>Weekly Special:</u>   Neapolitan Hero w/Balsamic Vinaigrette & Vegetable Pasta Salad & Chilled Pineapples   Chicken Salad Wrap w/macaroni Salad & Fresh orange   Triple decker Turkey & Swiss w/macaroni Salad & banana				
	Cold Fruit & Vegetable Bar Offered Daily Featuring Fresh Seasonal Produce Including Local Items as Available				
 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 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)					

Stamford Public Schools Middle School Lunch Menu

March 22-26, 2010

Student Meal \$2.85 – Reduced \$0.40 – Milk \$0.50 – Adult Meal \$3.50

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

Station	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
 Favorite Comfort Foods & International Flavors	Barilla plus  Spaghetti and Meatballs Seasoned Italian Vegetables Cheesy Garlic bread 	<i>Chicken Fajitas</i> (Seasoned chicken, peppers and onions in tortillas ) Toppings include: Salsa, Shredded Lettuce, Cheddar and Sour Cream Brown Rice 	Chicken Teriyaki Fried Oriental Rice  Seasoned Carrots and Zucchini Taste of the Season Promo	Classic Baked Macaroni and Cheese  Seasoned Green Beans	Baked Potato Bar with Toppings Seasoned Broccoli
 Lean Beef Burgers & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Chicken Caesar Wrap  Coleslaw	<u>Today's Special</u> <i>Mediterranean Wrap</i>  <i>(Cucumbers, red onion and tomato drizzled with Ranch Dressing)</i>	<u>Today's Special</u> Bacon Burger Oven Baked Potato Wedges	<u>Today's Special</u> Chicken Cordon Bleu  Sweet Apple Wedges	<u>Today's Special</u> Meatball Sub Sandwich  Oven Fries
 Classic Cheese & Pepperoni Pizza Baked Daily	<u>Today's Special</u> Three Cheese Stromboli  	<u>Today's Special</u> Aloha Pizza with Chicken and Ham 	<u>Today's Special</u> Spinach Pizza  	<u>Today's Special</u> Roasted Vegetable Stromboli  	<u>Today's Special</u> Chicken Parmesan Pizza 
	Fresh Food Fast – Packaged Grab N' Go <u>Available Daily</u> Assorted Salad & sandwich Meals Fresh Yogurt Parfaits <u>Weekly Special:</u>   Neapolitan Hero w/Balsamic Vinaigrette & Vegetable Pasta Salad & Chilled Pineapples   Chicken Salad Wrap w/macaroni Salad & Fresh orange   Triple decker Turkey & Swiss w/macaroni Salad & banana				
	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 March 29-April 2, 2010

Middle School Lunch Menu

Student Meal \$2.85 – Reduced \$0.40 – Milk \$0.50 – Adult Meal \$3.50
 Meals include choice of 1% white, skim milk, or ½% chocolate milk (antibiotic and hormone free)

Station	Monday 29	Tuesday 30	Wednesday 31	Thursday 1	Friday 2
<p>Favorite Comfort Foods & International Flavors</p>	<p>Baked Stuffed Shells </p> <p>(Ricotta Cheese Stuffed Shells w/ Marinara Sauce Seasoned Italian Vegetables Warm Garlic Bread </p>	<p>Crispy Sweet and Sour Chicken Oriental Fried Rice </p> <p>Steamed Oriental Vegetables Vegetable Eggroll</p>	<p><i>BBQ Pork Southern Style Mashed Cheese Potatoes Seasoned Corn on the Cobb Biscuits </i></p>	<p>Breakfast for Lunch Buffet (Scrambled Eggs, Fr. Toast, Sausage, Potatoes)</p>	<p>School Closed</p>
<p>Lean Beef Burgers & Breaded Chicken Sandwiches Available Daily</p>	<p><u>Today's Special</u></p> <p>Meatball Sub Sandwich </p> <p>Oven Roasted Fries</p>	<p><u>Today's Special</u></p> <p>Chicken Caesar Wrap </p> <p>Coleslaw</p>	<p><u>Today's Special</u></p> <p>Alpine Cheese Burger </p> <p>Oven Roasted Fries</p>	<p><u>Today's Special</u></p> <p>California Cheese Steak Sandwich </p> <p>Steamed Broccoli</p>	<p>School Closed</p>
<p>Classic Cheese & Pepperoni Pizza Baked Daily</p>	<p><u>Today's Special</u></p> <p>Chicken Parmesan Pizza </p>	<p><u>Today's Special</u></p> <p>Roasted Corn & Onion Flatbread </p>	<p><u>Today's Special</u></p> <p>Roasted Veggie Pizza </p>	<p><u>Today's Special</u></p> <p>Turkey and Swiss Flatbread Fold </p>	<p><u>Today's Special</u></p> <p>School Closed</p>
	<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> Neapolitan Hero w/Balsamic Vinaigrette & Vegetable Pasta Salad & Chilled Pineapples</p> <p> Chicken Salad Wrap w/macaroni Salad & Fresh orange</p> <p> Triple decker Turkey & Swiss w/macaroni Salad & banana</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>					