



LUNCH



PAY FOR MEALS ONLINE

MySchoolBucks.com

SEPTEMBER 2019

Cromwell High School

Students have the opportunity to choose one or two fruit choices, one or two vegetable choices, and a low fat or fat free milk to complete their meal.

Monday



Tuesday

Wednesday

Thursday

Friday

Chicken Patty on WG roll
Lettuce and tomato
Oven Potatoes
Green beans
Applesauce

Rotini with meat sauce
Salad
Broccoli
Fruit mix

Chili con carne
Cheese cup
Bean salad
Tortilla chips
Corn
Pineapple chunks

Cheese pizza or mozzarella
Sticks w/ marinara sauce
Carrots & celery sticks
Hummus
Garden Salad
Diced Pears

Italian cheese dunker w/
Marinara sauce
Steamed broccoli
Salad
Diced peaches

Hot dog or cheeseburger
On WG bun
Oven Potatoes
Lettuce & Tomato
Baked Beans
Apple Slices

Penne with meat sauce
Salad
Broccoli
Fruit mix

Chicken Tenders & waffles
Sweet potato crinkle fries
Green beans
Salad
Applesauce

Cheese pizza or mozzarella
Sticks w/ marinara sauce
Carrots & celery sticks
Hummus
Garden Salad
Diced Pears

BBQ Rib Pattie on a bun
Lettuce & Tomato
Corn
Salad
Oven Potatoes
Pineapple Chunks

Breakfast for Lunch
French toast sticks w/ syrup
Ham or chicken sausage
Garden salad
Hash brown patty
Cup of strawberries

Rotini with meat sauce
Salad
Broccoli
Fruit mix

Chicken Nuggets
Sweet potato crinkle fries
Bean Salad
Bread
Applesauce

Cheese pizza or mozzarella
Sticks w/ marinara sauce
Carrots & celery sticks
Hummus
Garden Salad
Peach cup

Popcorn Chicken
Whipped potatoes
Bread
Salad
Applesauce

Chicken Fajita wrap
W/cheese
Peppers & Onions
Lettuce & tomato
Salsa, Corn
Tropical fruit mix

Penne w/ meat sauce
Salad
Broccoli
Diced peaches

WG mini corn dogs
Oven fries
Baked Beans
Pudding Cup
Fruit Choice

Cheese pizza or mozzarella
Sticks w/ marinara sauce
Carrots & celery sticks
Hummus
Garden Salad
Mix fruit or Raisin

Toasted cheese sandwich
Tomato Soup
Garden Salad
Peach Cup



Choice of milk served with each meal: chocolate, white, strawberry, fat free, 1% low fat white & lactose free. Fresh and canned fruit is available daily. All bread and pastas are either or whole grain or whole wheat. This institution is an equal opportunity provider. **MENU SUBJECT TO CHANGE**

Daily Meal Prices Breakfast \$1.85 Reduced \$.30

Lunch \$3.10 Reduced \$.40