

SEPTEMBER 2019

Cromwell Middle 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 3 Lettuce and tomato Oven Potatoes Black Bean & Corn Fiesta Salad Fruit Choice	Rotini with meat sauce 4 Salad Dinner roll Broccoli Fruit Choice	WG mini pancakes w/syrup 5 Hash brown patty Veggie Cup Chicken sausage Juice or fruit choice	Cheese pizza 6 Carrots & celery sticks Hummus Garden Salad Fruit Choice or raisins
WG chicken nuggets 9 Oven potatoes Biscuit Steamed corn Fruit choice	Hot dog 10 On WG bun Oven Potatoes Baked Beans Fruit Choice National Hot Dog Day	WG mozzarella sticks 11 W/ Marinara sauce Crisp romaine salad Egg noodles Fruit choice	Nacho plate 12 Meat and cheese Tortilla chips Steamed corn Salsa, sour cream Fruit choice	Cheese pizza 13 Carrots & celery sticks Hummus Garden Salad Fruit Choice or raisins
WG chicken tenders 16 Mashed potatoes Gravy Dinner roll Steamed carrots Fruit choice	Breakfast for Lunch 17 French toast sticks w/ syrup Ham or chicken sausage Veggie Cup Hash brown patty Fruit Choice	Penne w/ meat sauce 18 Salad Dinner roll Broccoli Fruit Choice	Cheeseburger on whole grain roll 19 Choice of Baked Beans or Cole-slaw Potato chips Fruit choice	Cheese pizza 20 Carrots & celery sticks Hummus Garden Salad Fruit Choice or raisins
Popcorn Chicken 23 Oven potatoes Bread Sweet peas Fruit Choice	Meatball grinder w/sauce and Cheese 24 On a WG roll Onions and peppers Oven potatoes Steamed corn Fruit choice	WG Macaroni 25 W/cheddar cheese Corn Bread Garden Salad Fruit Choice	WG mini corn dogs 26 Oven fries Baked Beans Pudding Cup Fruit Choice	Cheese pizza 27 Carrots & celery sticks Hummus Garden Salad Fruit Choice or raisins
Toasted cheese sandwich 30 Tomato Soup Garden Salad Fruit Choice				



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 \$3.00 Reduced \$.40