



East Haven Middle School



Fruits & Vegetables Offered Daily with Lunch Choices

Lunch Cost: \$3.25 Full Price, \$0.40 Reduced Price

A variety of fruits & vegetables offered, including locally grown produce when in season. All grains served are Whole Grain Rich & 100% Fruit Juice is Available (Limit 1 Juice each) Low Fat 1% or Fat Free Flavored Milk included with all meals

3 Crispy Oven Baked Chicken Nuggets French Fries	4 Meatball Parmesan Sandwich (made with turkey meatballs) Steamed Broccoli	5 Creamy Chicken Alfredo over Penne Pasta Sautéed Carrots	6 Crunchy Beef Tacos Black Beans and Rice	7 Chicken Parmesan Over Penne Pasta Italian Green Beans
10 General Tso's Chicken Brown Rice Steamed Broccoli	11 Baked Ziti w/ garlic toast Italian Green Beans	12 Cinnamon French Toast with Turkey Sausage Tater tots	13 Oven Baked Whole Grain Fried Dough with marinara sauce and mozzarella cheese Broccoli salad	14 Crispy Chicken Tenders Oven Fries
17 No School Winter Recess	18 No School Winter Recess	19 Chicken Parmesan Sub Spinach side Salad	20 Spicy Beef Nachos with Cheese Sauce Black Beans	21 Cheesy Stuffed Breadsticks With marinara sauce Sautéed Carrots
24 Chicken quesadilla Red beans and Rice	25 Pulled Pork Sandwich Oven Fries	26 Mini Maple Waffles Turkey Sausage Tater tots	27 Penne Pasta with Meatballs Homemade garlic bread Spinach Salad	28 Meatball Parmesan Sandwich (made with turkey meatballs) Steamed Broccoli



Everyday Choices:

Chicken Patty
Hamburger
Cheeseburger

GRAB & GO SALADS:

Monday: Chicken Caesar Salad
Tuesday: Chef Salad
Wednesday: Chicken Caesar Salad
Thursday: Chef Salad
Friday: Chicken Caesar Salad

All Salads are Served with a WG Pretzel



Everyday Choices:

Boar's Head Deli Ham & Cheese Sandwich



Boar's Head Oven Gold Turkey & Cheese Sandwich



Daily Option:
Cheese Pizza

- Monday: Sausage Pizza
- Tuesday: Pepperoni Pizza
- Wednesday: French Bread Pizza
- Thursday: Buffalo Chicken Pizza
- Friday: Supreme Pizza



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All grains served are Whole Grain Rich & 100% Fruit Juice is Available (Limit 1 Juice each)
Low Fat 1% or Fat Free Flavored Milk included with all meals*

Assorted Cereal Choices *may* include the following: Golden Grahams, Cheerios, Cocoa Puffs, Trix, Cinnamon Toast Crunch & Frosted Flakes
Assorted Whole Grain Muffins Choices *may* include the following: Blueberry, Banana, Apple Cinnamon & Chocolate Chip