



# East Haven Middle School

## March 2020



### 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*

2 Juicy Bacon Burger w or w/o Cheese (P) Crispy Oven Fries	3 Southern Style Chicken and Waffles Green Beans	4 Homemade Chili Rice and Beans	5 Chicken Parmesan Over Penne Pasta Italian Green Beans	6 Cheesy Stuffed Breadstick Carrot and Celery Sticks
9 Oven Baked Whole Grain Fried Dough with sauce & cheese Broccoli salad	10 Hot Dog Oven Fries Veggie Beans	11 Cinnamon French Toast with Turkey Sausage Tater tots	12 General Tso's Chicken Brown Rice Broccoli	13 Baked Ziti w/ garlic toast Steamed Carrots
16 Crispy Oven Baked Chicken Nuggets French Fries	17 Irish Nachos Loaded Potato Wedges with Cheese and Bacon (P) Steamed Broccoli	18 Chicken Parmesan Sub Spinach side Salad	19 Crunchy Beef Tacos Beans and Rice	20 Cheesy Stuffed Breadsticks With marinara sauce Sautéed Carrots
23 Chicken quesadilla Red beans and Rice	24 Pulled Pork Sandwich (P) Crispy Pepper Slices Oven Fries	25 Mini Maple Waffles Turkey Sausage Tater tots	26 Penne Pasta with Meatballs Homemade garlic bread Spinach Salad	27
30 Crispy Corn Dog Potato Wedges	31 Meatball Grinder (made with chicken meatballs) Green Beans			



#### Everyday Choices:

- Chicken Patty
- Hamburger
- Cheeseburger

#### GRAB & GO SALADS

- Garden Salad
- Buffalo chicken Salad
- Chef Salad
- Chicken Caesar Salad



All Salads are Served with a WG Pretzel



#### Everyday Choices:

Boar's Head Deli Ham & Cheese Sandwich (P)



Boars Head Oven Gold Turkey & Cheese Sandwich



Daily Option:  
Cheese Pizza

- Monday: Sausage Pizza (P)
- Tuesday: Pepperoni Pizza (P)
- Wednesday: Meatball Pizza
- Thursday: Buffalo Chicken Pizza
- Friday: Vegetarian Pizza

(P)= Item contains Pork (WG) = Item contains Whole Grain

This institution is an equal opportunity provider.

Menu is Subject to Change