

# DANBURY MIDDLE SCHOOL

# DECEMBER

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheesy French Bread Pizza Fresh Broccoli Florets with Dip	4 Baked Fish Nuggets with Tartar Sauce & a Whole Wheat Dinner Roll Fresh Celery Sticks with Dip	5 Steamed Turkey Hot Dog on a Whole Wheat Bun Baked Beans	6 Oven Baked Chicken Nuggets with a Whole Wheat Dinner Roll Baby Carrots with Dip	7 Oven Roasted Rib-B-Que Sandwich on a Whole Wheat Bun Oven Baked Tater Tots





All reimbursable meals are served with a choice of entrée, vegetable, fruit & low fat or fat free milk variety.

10 Whole Grain Baked Chicken Corn Dog Baked Beans	11 <b>One Hour Early Release</b> Bosco Sticks with Marinara Sauce Oven Baked Sweet Potato Fries	12 Homemade Mac & Cheese with Whole Wheat Macaroni & Whole Wheat Dinner Roll Steamed Green Beans	13 Popcorn Chicken with BBQ sauce & Brown Rice Steamed Broccoli	14 Homemade Turkey Sloppy Joe on a Whole Wheat Bun Oven Baked French Fries
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Create a healthy plate with fruits and veggies - you can take up to 2 each with your meal!

17 Oven Baked Mozzarella Sticks with Marinara Sauce & a Whole Wheat Roll Baby Carrots with Dip	18 <b>One Hour Early Release</b> BBQ Turkey Sandwich on a Whole Wheat Bun Baked Beans	19 Homemade 100% Lean Turkey Nachos With Lettuce, Tomato & Shredded Cheese Steamed Corn	20 Whole Wheat Penne Pasta with Meat Sauce & Whole Wheat Roll Steamed Green Beans	21 <b>Early Dismissal</b> Sausage & Peppers Sub on a Whole Wheat Roll Fresh Spinach Salad
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Calories: 600-700, Saturated Fat: <10%, Sodium <1035mg, Trans Fat: 0g

24 	25 	26 	27 	28 
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Daily Sides: Assorted Chilled Fruit, Assorted Fresh Fruit & Assorted Fresh Veggies

31 	Free and Reduced Meal Applications are available online at our website. Call us at (203) 797-4746 or visit our website under the Parents and Students tab on the Danbury Public Schools Webpage <a href="https://sites.google.com/a/danbury.k12.ct.us/danbury-school-lunch-program/">https://sites.google.com/a/danbury.k12.ct.us/danbury-school-lunch-program/</a>	Breakfast is Offered Daily!	Daily Alternative Selections: Sandwich Selection Salad Selection (V) Chicken Patty Hamburger Cheeseburger Cheese Sandwich Pizza Meal	Lunch Price: \$3.00 Paid/\$0.40 Reduce Breakfast Price: \$1.30 Paid/\$0.30 Reduced
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This initiation is an equal opportunity provider.

