

DANBURY MIDDLE SCHOOL

FEBRUARY


2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Cheesy French Bread Pizza</p> <p>Carrots with Dip</p>	<p>4</p> <p>Chicken & Whole Grain Waffle With Syrup</p> <p>Oven Baked Tater Tots</p>	<p>5</p> <p>BBQ Rodeo Burger On a Whole Grain Roll</p> <p>Onion Rings</p>	<p>6</p> <p>Homemade Chicken Nachos With Lettuce, Tomato & Shredded Cheese</p> <p>Southwest Black Beans</p>	<p>7</p> <p>Homemade American Chop Suey, Parmesan Cheese and Whole Grain Dinner Roll</p> <p>Steamed Broccoli</p>

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

<p>10</p> <p>Mozzarella Stuffed Whole Grain Bread Sticks with Marinara Sauce</p> <p>Baby Carrots with Dip</p>	<p>11</p> <p>One Hour Early Dismissal</p> <p>4" Round Galaxy Pizza</p> <p>Fresh Celery Sticks with Dip</p>	<p>12</p> <p>Chili Cheese Turkey Hot Dog on a Whole Wheat Bun</p> <p>Baked Beans</p>	<p>13</p> <p>Baked Potato with Choice of Chili, Cheese and Broccoli & Whole Grain Pretzel</p>	<p>14</p> <p>Italian Meatball Sub on a Whole Wheat Roll</p> <p>Roasted Broccoli</p>
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Create a healthy plate with fruits and veggies - you can take up to 2 each with your meal!

<p>17</p> 	<p>18</p> <p>Popcorn Chicken Bowl with Mashed Potatoes with Gravy and Corn</p>	<p>19</p> <p>Oven Baked Mozzarella Sticks with Marinara Sauce & Whole Wheat Dinner Roll</p> <p>Baked Sweet Potato Fries</p>	<p>20</p> <p>Homemade Sloppy Joe on a Whole Wheat Bun</p> <p>Homemade Baked Beans</p>	<p>21</p> <p>Buffalo Mac & Cheese & Whole Grain Dinner Roll</p> <p>Steamed Broccoli</p>
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Calories: 600-700, Saturated Fat: <10%, Sodium <1035mg, Trans Fat: 0g

<p>24</p> <p>Oven Baked Chicken Nuggets with a Whole Wheat Dinner Roll</p> <p>Oven Baked Sweet Potato Fries</p>	<p>25</p> <p>One Hour Early Dismissal</p> <p>Chicken Parmesan Sandwich on Whole Grain Kaiser Roll</p> <p>Celery Sticks with Dip</p>	<p>26</p> <p>Beef Nachos With Lettuce, Tomatoes & Shredded Cheese</p> <p>Steamed Corn</p>	<p>27</p> <p>Chicken Alfredo with Broccoli over Penne Pasta & Whole Grain Dinner Roll</p> <p>Fresh Garden Salad</p>	<p>28</p> <p>Chili Cheese Turkey Hot Dog on a Whole Wheat Bun</p> <p>Baked Beans</p>
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Daily Sides: Assorted Chilled Fruit, Assorted Fresh Fruit & Assorted Fresh Veggies

			<p>Daily Alternative Selections:</p> <p>Sandwich Selection</p> <p>Chicken Patty</p> <p>Hamburger</p> <p>Cheeseburger</p> <p>Cheese Sandwich</p> <p>Pizza Meal</p>	<p>Free and Reduced Meal Applications are available online at our website. Call us at (203) 797-4746 or visit our website https://sites.google.com/a/danbury.k12.ct.us/danbury-school-lunch-program/</p>
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This initiation is an equal opportunity provider.



Breakfast is Offered Every day!

Lunch Price: \$3.10 Paid \$0.40 Reduced
Breakfast Price: \$1.35 Paid/\$0.30 Reduced