

# DANBURY MIDDLE SCHOOL

# JANUARY

2019


## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p>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></p>		<p>2</p> <p>Steamed Turkey Hot Dog on a Whole Wheat Bun</p> <p>Baked Beans</p>	<p>3</p> <p>Oven Baked Chicken Nuggets with a Whole Wheat Dinner Roll</p> <p>Baby Carrots with Dip</p>	<p>4</p> <p>Oven Roasted Rib-Que Sandwich on a Whole Wheat Bun</p> <p>Oven Baked Tater Tots</p>
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All reimbursable meals are served with a choice of entrée, vegetable, fruit & low fat or fat free milk variety.

<p>7</p> <p>Whole Grain Baked Chicken Corn Dog</p> <p>Baked Beans</p>	<p>8</p> <p>Bosco Sticks with Marinara Sauce</p> <p>Oven Baked Sweet Potato Fries</p>	<p>9</p> <p>Homemade Mac &amp; Cheese with Whole Wheat Macaroni &amp; Whole Wheat Dinner Roll</p> <p>Steamed Green Beans</p>	<p>10</p> <p>Popcorn Chicken with BBQ sauce &amp; Brown Rice</p> <p>Steamed Broccoli</p>	<p>11</p> <p>Homemade Turkey Sloppy Joe on a Whole Wheat Bun</p> <p>Oven Baked French Fries</p>
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Create a healthy plate with fruits and veggies - you can take up to 2 each with your meal!

<p>14</p> <p>Oven Baked Mozzarella Sticks with Marinara Sauce &amp; a Whole Wheat Roll</p> <p>Baby Carrots with Dip</p>	<p>15 <b>One Hour Early Release</b></p> <p>BBQ Turkey Sandwich on a Whole Wheat Bun</p> <p>Baked Beans</p>	<p>16</p> <p>Homemade 100% Lean Turkey Nachos With Lettuce, Tomato &amp; Shredded Cheese</p> <p>Steamed Corn</p>	<p>17</p> <p>Whole Wheat Penne Pasta with Meat Sauce &amp; Whole Wheat Roll</p> <p>Steamed Green Beans</p>	<p>18</p> <p>Sausage &amp; Peppers Sub on a Whole Wheat Roll</p> <p>Fresh Spinach Salad</p>
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Calories: 600-700, Saturated Fat: <10%, Sodium <1035mg, Trans Fat: 0g

<p>21</p> <p><b>Martin Luther King Day</b></p> <p><b>No School</b></p>	<p>22</p> <p>Whole Grain Pizza Crunchers</p> <p>Baby Carrots with Dip</p>	<p>23</p> <p>Homestyle Meatball Grinder with Marinara Sauce &amp; Mozzarella</p> <p>Celery Sticks with Dip</p>	<p>24</p> <p>Chicken Alfredo with Broccoli over Penne Pasta &amp; Whole Grain Dinner Roll</p> <p>Fresh Spinach Salad</p>	<p>25</p> <p>Homemade Sloppy Joe on a Whole Wheat Bun</p> <p>Oven Baked French Fries</p>
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Daily Sides: Assorted Chilled Fruit, Assorted Fresh Fruit & Assorted Fresh Veggies

<p>28</p> <p>Cheesy French Bread Pizza</p> <p>Fresh Broccoli Florets with Dip</p>	<p>29 <b>One Hour Early Release</b></p> <p>Baked Fish Nuggets w/ Tartar Sauce &amp; a Whole Wheat Dinner Roll</p> <p>Fresh Celery Sticks with Dip</p>	<p>30</p> <p>Steamed Turkey Hot Dog on a Whole Wheat Bun</p> <p>Baked Beans</p>	<p>31</p> <p>Oven Baked Chicken Nuggets with a Whole Wheat Dinner Roll</p> <p>Baby Carrots with Dip</p>	<p><b>Daily Alternative Selections:</b></p> <p><b>Sandwich Selection</b></p> <p><b>Chicken Patty</b></p> <p><b>Hamburger</b></p> <p><b>Cheeseburger</b></p> <p><b>Cheese Sandwich</b></p> <p><b>Pizza Meal</b></p>
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This initiation is an equal opportunity provider.



Breakfast is Offered Everyday!

Lunch Price: \$3.00 Paid/\$0.40 Reduced  
 Breakfast Price: \$1.30 Paid/\$0.30 Reduced