

DANBURY MIDDLE SCHOOL

JANUARY

2020


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Daily Alternative Selections: Sandwich Selection Chicken Patty Hamburger Cheeseburger Cheese Sandwich 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>		<p style="text-align: center;">2</p> <p>Cheesy French Bread Pizza</p> <p>Carrots with Dip</p>	<p style="text-align: center;">3</p> <p>Chicken & Whole Grain Waffle With Syrup</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 style="text-align: center;">6</p> <p>Mozzarella Stuffed Whole Grain Bread Sticks with Marinara Sauce</p> <p>Baby Carrots with Dip</p>	<p style="text-align: center;">7</p> <p>One Hour Early Dismissal Oven Baked Popcorn Chicken with Barbecue Sauce over Steamed Brown Rice</p> <p>Oven Baked Sweet Potato Fries</p>	<p style="text-align: center;">8</p> <p>Chili Cheese Turkey Hot Dog on a Whole Wheat Bun</p> <p>Baked Beans</p>	<p style="text-align: center;">9</p> <p>Baked Potato with Choice of Chili, Cheese and Broccoli & Whole Grain Pretzel</p>	<p style="text-align: center;">10</p> <p>Homemade Chicken Nachos With Lettuce, Tomato & Shredded Cheese</p> <p>Steamed Corn</p>
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Create a healthy plate with fruits and veggies - you can take up to 2 each with your meal!

<p style="text-align: center;">13</p> <p>Oven Baked Chicken Nuggets with a Whole Wheat Dinner Roll</p> <p>Oven Baked Sweet Potato Fries</p>	<p style="text-align: center;">14</p> <p>Italian Meatball Sub on a Whole Wheat Roll</p> <p>Roasted Garbanzo Beans</p>	<p style="text-align: center;">15</p> <p>Whole Grain Baked Chicken Corn Dog</p> <p>Cucumbers with Dip</p>	<p style="text-align: center;">16</p> <p>Homemade Sloppy Joe on a Whole Wheat Bun</p> <p>Steamed Corn</p>	<p style="text-align: center;">17</p> <p>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 style="text-align: center;">20</p> 	<p style="text-align: center;">21</p> <p>Chicken Parmesan Sandwich on Whole Grain Kaiser Roll</p> <p>Baby Carrots with Dip</p>	<p style="text-align: center;">22</p> <p>Beef Nachos With Lettuce, Tomatoes & Shredded Cheese</p> <p>Southwest Black Beans</p>	<p style="text-align: center;">23</p> <p>Chicken Alfredo with Broccoli over Penne Pasta & Whole Grain Dinner Roll</p> <p>Steamed Corn</p>	<p style="text-align: center;">24</p> <p>Thai Sweet Chili Chicken With Brown Rice</p> <p>Steamed Mixed Vegetables</p>
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Daily Sides: Assorted Chilled Fruit, Assorted Fresh Fruit & Assorted Fresh Veggies

<p style="text-align: center;">27</p> <p>4" Round Galaxy Pizza</p> <p>Fresh Celery Sticks with Dip</p>	<p style="text-align: center;">28</p> <p>One Hour Early Dismissal French Toast Sticks with Turkey Sausage</p> <p>Oven Baked French Fries</p>	<p style="text-align: center;">29</p> <p>Chili Cheese Turkey Hot Dog on a Whole Wheat Bun</p> <p>Baked Beans</p>	<p style="text-align: center;">30</p> <p>Rib-B- Q Sandwich on a Whole Wheat Bun</p> <p>Garden Salad</p>	<p style="text-align: center;">31</p> <p>Homemade Whole Wheat Penne Pasta with Meat Sauce, Shredded Cheese & Whole Grain Dinner Roll</p> <p>Baby Carrots with Dip</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