

MIDDLETOWN HIGH SCHOOL/MIDDLESCHOOL

SEPTEMBER

MONDAY
2

TUESDAY
3

WEDNESDAY
4

THURSDAY
5

FRIDAY
6



Villa Toscano Pasta - Two Types of Pasta, Marinara or Alfredo, Meatballs or Chicken, Garlic Bread, Bruchetta, Caesar Salad

NO SCHOOL

Entrée
Cheesy Beef Nachos

FEATURED VEGGIES
Refried Bean
Baby Carrots
Banana
Choice of Milk

Entrée
Pierogi Bar

FEATURED VEGGIES
Steamed Broccoli
Side Salad
Tropical Fruit Salad
Choice of Milk

Entrée
Swedish Meatballs
Over Whole Grain Noodles

FEATURED VEGGIES
Corn
Cauliflower
Orange Wedges
Choice of Milk

Entrée
Pepperoni/Cheese Pizza

FEATURED VEGGIES
Caesar Salad
Celery Sticks
Pineapple Tidbits
Choice of Milk

9

10

11

12

13



Loaded Potatoes - Fries, Tots, Cheese Sauce, Buffalo Chicken, Chili, Peppers, Onions, Mushrooms

Entrée
Chicken Stir Fry
Over Rice
w/ Whole Grain Bread

FEATURED VEGGIES
Green Beans
Baby Carrots
Fruit Cocktail
Choice of Milk

Entrée
Meatball Sub
On a Whole Grain Roll

FEATURED VEGGIES
French Fries
Side Salad
Mandarin Oranges
Choice of Milk

Entrée
Chicken Nuggets
w/ Whole Grain Dinner Roll

FEATURED VEGGIES
Mashed Potatoes and Gravy
Corn
Applesauce
Choice of Milk

Entrée
Chili Cheese Bowl
w/ Rice

FEATURED VEGGIES
Glazed Carrots
Cucumbers
Peaches
Choice of Milk

Entrée
Mac N Cheese
w/ Whole Grain Roll

FEATURED VEGGIES
Stewed Tomatoes
Peas
Sliced Apples
Choice of Milk

16

17

18

19

20



Dip and Dust Wings - Traditional or Boneless, 3 Sauces or Dry Rub, Potatoes, Celery, Carrots Sticks

Entrée
Chicken Enchilada
Over rice

FEATURED VEGGIES
Refried Beans
Corn
Tropical Fruit Salad
Choice of Milk

Entrée
Corn Dog Nuggets
w/ Whole Grain Dinner Roll

FEATURED VEGGIES
Steamed Broccoli
Celery Sticks
Golden Delicious Apple
Choice of Milk

Entrée
Chicken Parmesean
Over Whole Grain Pasta

FEATURED VEGGIES
Side Salad
Peas
Diced Peaches
Choice of Milk

Entrée
Salisbury Steak
Over Whole Grain Bread

FEATURED VEGGIES
Mashed Potatoes
Baby Carrots
Fruit Cocktail
Choice of Milk

Entrée
Breaded Fish Sticks
w/ Tartar Sauce

FEATURED VEGGIES
French Fries
Tomato Salad
Mandarin Oranges
Choice of Milk

23

24

25

26

27



Breakfast Sandwich Grill -Egg, Ham, Bacon Sausage, Biscuit or Muffin, Breakfast Potatoes,

Entrée
Chicken Chessesteak
On a Whole Grain Roll

FEATURED VEGGIES
Mixed Veggies
Fresh Broccoli
Pineapple Tidbits
Choice of Milk

Entrée
Soft Shell Tacos
Chicken or Beef

FEATURED VEGGIES
Black Bean Salsa
GreenBeans
Applesauce
Choice of Milk

Entrée
Baked Ziti
w/Garlic Knot

FEATURED VEGGIES
Roasted Zucchini
Caesar Salad
Diced Peas
Choice of Milk

Entrée
Buffalo Chicken Dip
Over Tortilla Chips

FEATURED VEGGIES
Bell Pepper Strips
Cucumbers
Oranges
Choice of Milk

Entrée
Fish Sandwich
on a Whole Grain Roll

FEATURED VEGGIES
Coleslaw
Baby Carrots
Fruit Cocktail
Choice of Milk

30



Cyclone Noodle Station -Lo-Mein, Sweet and Sour Chicken, Korean BBQ Beef

Entrée
Ranch Crusted Chicken
w/ Dinner Roll

FEATURED VEGGIES
Roasted Broccoli
Side Salad
Diced Peaches
Choice of Milk

Empty box

Empty box

Empty box

Empty box



Empty box

Empty box

Empty box

Empty box

Empty box



What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or Meat Alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges



Leave Your Lunch at Home

Daily entrée options may include:
Cheese Burger on a Bun
Chicken Patty on a Bun
Chicken Nuggets with Pretzel Stick
Cheese or Pepperoni Pizza



Options May Include:
Vegetable Garden Salad w/ Roll
Ham or Turkey Salad w/ Roll
Chef's Salad w/ roll
Greek Salad w/ Roll
Ham & Cheese Wrap or Turkey and Swiss on Baguette
Buffalo chicken Wrap
Taco Chicken Roll
Chicken Caesar Roll
Roast Beef and Cheddar Wrap



LUNCH PRICES:

Student \$2.55
Student Tierd 3.05
Reduced \$.00
Adult \$4.35

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