

Darien Public Schools Middlesex Middle School Menu

November 2018

This institution is an equal opportunity provider. All Menu Items and Prices are Subjected to Change

AVAILABLE DAILY

Low Fat Yogurt & Fruit Parfaits* Caesar, Chopped, Greek, Spring Mix Salads* Fresh Fruit Salad* Veggie Tray
 Tropicana Juices* Bottled Water* Switch* 100% Snapple* Assorted Lowfat Milks* Capri Sun* Fruitable Juices
 WW Hot Baked Pretzels* Fresh Bagels* Lowfat Baked Muffins* Reduced Fat Cookies* Fresh Popped Popcorn* String Cheese* Individual Hummus w/Pretzels

BREAKFAST SANDWICHES AVAILABLE ALL DAY

MONDAY, NOVEMBER 5

TUESDAY, NOVEMBER 6

WEDNESDAY, NOVEMBER 7

THURSDAY, NOVEMBER 8

FRIDAY, NOVEMBER 9

LUNCH OF THE DAY \$3.75 STUDENTS \$4.00 STAFF

French Toast Sticks w/ maple syrup Turkey Sausage Links Tater Tots Applesauce Cup Sm. Water/ Milk Calories: 638-719	NO SCHOOL ELECTION DAY	Chicken Nuggets Wedge Potatoes Steamed Mixed Vegetables Vanilla Cake Sm. Water/ Milk Calories: 635-726	Turkey Tacos Spanish rice Fiesta Corn Cinnamon Churro Sm. Water/ Milk Calories: 632-785	French Bread Pizza w/ cheese or pepperoni Tossed Salad Assorted Desserts sm water / milk Calories: 688-728
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Sandwich & Salad Lunch are also available with Fruit & Milk \$3.75 Students \$4.00 Staff

DAILY ALA CARTE MEALS \$5.25

Coleman's Chicken Tenders w/Potato		Cheeseburger w/Potato	Popcorn Chicken \$4.50	Coleman's Chicken Tenders w/Potato
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DAILY ALA CARTE SALADS \$5.75

Southwest Chicken Salad		Buffalo Chicken Salad	Antipasto Salad	Chicken Caesar Salad
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EXTRA ALA CARTE OFFERINGS

Mike's Pizza Bites \$3.75		Mozzarella Sticks \$3.75	Cheese Calzone \$3.75	Mac & Cheese bites \$3.75
Mozzarella & Tomato Panini \$4.25		Spicy Chicken Sandwich \$4.00	Meatball Wedge \$4.00	Chicken Parmesan Wedge \$4.00

DAILY ASSORTED SAL'S & PERSONAL ROUND PIZZA

DAILY VEGETARIAN OFFERINGS

Bowtie Veggie Pasta Salad * Roasted Veggie Wrap w/Cheese * Garden Burger

ANNIE'S FROZEN YOGURT CUP OR CONE CHOCOLATE OR VANILLA W/TOPPINGS \$3.25

AVAILABLE DAILY

Low Fat Yogurt & Fruit Parfaits* Caesar, Chopped, Greek, Spring Mix Salads* Fresh Fruit Salad* Veggie Tray
 Tropicana Juices* Bottled Water* Switch* 100% Snapple* Assorted Lowfat Milks* Capri Sun* Fruitable Juices
 WW Hot Baked Pretzels* Fresh Bagels* Lowfat Baked Muffins* Reduced Fat Cookies* Fresh Popped Popcorn* String Cheese* Individual Hummus w/Pretzels

BREAKFAST SANDWICHES AVAILABLE ALL DAY

MONDAY, NOVEMBER 12 TUESDAY, NOVEMBER 13 WEDNESDAY, NOVEMBER 14 THURSDAY, NOVEMBER 15 FRIDAY, NOVEMBER 16

LUNCH OF THE DAY \$3.75 STUDENTS \$4.00 STAFF

Cinnamon Pancakes w/ Maple Syrup Turkey Sausage Links Hash Brown Patty Pineapple Cup Sm. Water/Milk Calories 638-719	Baked Ziti Tossed Salad Italian Bread Applesauce Cup Sm. Water/Milk Calories: 688-728	Chicken Patty Sweet Potato Wedges Steamed Carrots Fruit Cup Sm. Water/Milk Calories: 658-726	Turkey & Gravy Mashed Potatoes steamed Mixed Vegetables Pumpkin Pie Sm. Water/Milk Calories: 645-736	General Tso's Chicken Vegetable Rice Spring Roll Fortune Cookie Sm. Water/Milk Calories: 632-785
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Sandwich & Salad Lunch are also available with Fruit & Milk \$3.75 Students \$4.00 Staff

DAILY ALA CARTE MEALS \$5.25

Coleman's Chicken Tender w/ Potato	Popcorn chicken \$4.50	Grilled Cheese w/ 1/2 oz chip	Popcorn Chicken \$4.50	Coleman's Chicken Tenders W/Potato
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DAILY ALA CARTE SALADS \$5.75

Asian Chicken Salad	Rosemary Chicken Salad	BBQ Turkey BLT Salad	Chicken Cobb Salad	Taco Bean Salad
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EXTRA ALA CARTE OFFERINGS

Bosco Sticks w/sauce \$3.50	Mike's Pizza Bites \$3.75	Mozzarella sticks \$3.75	Cheese Calzone \$3.75	Nacho's & Cheese \$3.50
Buffalo Chicken Panini \$4.25	BBQ Rib Sandwich \$4.00	Spicy Chicken Sandwich \$4.00	Meatball Wedge \$4.00	Steak & Cheese Wedge \$4.00

DAILY ASSORTED SAL'S & PERSONAL ROUND PIZZA

DAILY VEGETARIAN OFFERINGS

Bowtie Veggie Pasta Salad * Roasted Veggie Wrap w/Cheese * Garden Burger

ANNIE'S FROZEN YOGURT CUP OR CONE CHOCOLATE OR VANILLA W/TOPPINGS \$3.25

AVAILABLE DAILY

Low Fat Yogurt & Fruit Parfaits* Caesar, Chopped, Greek, Spring Mix Salads* Fresh Fruit Salad* Veggie Tray
 Tropicana Juices* Bottled Water* Switch* 100% Snapple* Assorted Lowfat Milks* Capri Sun* Fruitable Juices
 WW Hot Baked Pretzels* Fresh Bagels* Lowfat Baked Muffins* Reduced Fat Cookies* Fresh Popped Popcorn* String Cheese* Individual Hummus w/Pretzels

BREAKFAST SANDWICHES AVAILABLE ALL DAY

MONDAY, NOVEMBER 19

TUESDAY, NOVEMBER 20

WEDNESDAY, NOVEMBER 21

THURSDAY, NOVEMBER 22

FRIDAY, NOVEMBER 23

LUNCH OF THE DAY \$3.75 STUDENTS \$4.00 STAFF

French Toast Sticks w/ Maple Syrup Turkey Sausage Links Tator Tots Peach Cup Sm. Water/Milk CALORIES: 638-720	Chicken Nuggets Wedge Potatoes Steamed Mixed Vegetables Vanilla Cake Sm. Water/ Milk Calories: 635-726	Macaroni & Cheese Steamed Mixed Vegetable Breadstick Assorted Desserts Small Water/Milk CALORIES: 688-728	NO SCHOOL THANKSGIVING RECESS	NO SCHOOL THANKSGIVING RECESS
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Sandwich & Salad Lunch are also available with Fruit & Milk \$3.75 Students \$4.00 Staff

DAILY ALA CARTE MEALS \$5.25

Coleman's Chicken Tenders w/Potato	Chicken Quesadilla w/ chips & Salsa	Popcorn Chicken \$4.50		
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DAILY ALA CARTE SALADS \$5.75

Chef Salad	Turkey Apple Craisin Salad	Chicken Caesar Salad		
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EXTRA ALA CARTE OFFERINGS

Bosco Sticks \$3.50	Mike's pizza bites \$3.75	Mozzarella Sticks \$3.75		
Ham & cheese panini \$4.25	BBQ Shredded Pork Sandwich \$4.00	Italian Combo Wedge \$4.00		

DAILY ASSORTED SAL'S & PERSONAL ROUND PIZZA

DAILY VEGETARIAN OFFERINGS

Bowtie Veggie Pasta Salad * Roasted Veggie Wrap w/Cheese * Garden Burger

ANNIE'S FROZEN YOGURT CUP OR CONE CHOCOLATE OR VANILLA W/TOPPINGS \$3.25

AVAILABLE DAILY

Low Fat Yogurt & Fruit Parfaits* Caesar, Chopped, Greek, Spring Mix Salads* Fresh Fruit Salad* Veggie Tray
 Tropicana Juices* Bottled Water* Switch* 100% Snapple* Assorted Lowfat Milks* Capri Sun* Fruitable Juices
 WW Hot Baked Pretzels* Fresh Bagels* Lowfat Baked Muffins* Reduced Fat Cookies* Fresh Popped Popcorn* String Cheese* Individual Hummus w/Pretzels

BREAKFAST SANDWICHES AVAILABLE ALL DAY

MONDAY, NOVEMBER 26 TUESDAY, NOVEMBER 27 WEDNESDAY, NOVEMBER 28 THURSDAY, NOVEMBER 29 FRIDAY, NOVEMBER 30

LUNCH OF THE DAY \$3.75 STUDENTS \$4.00 STAFF

French Toast Sticks w/ Maple Syrup Hash Brown Patty Turkey Sausage links Peach Cup Il water or milk Calories: 638-719	Ziti w/ Meatsauce Tossed Salad Breadstick Applesauce Cup Small water or Milk CALORIES: 688-728	Chicken Nuggets Sweet Potato Wedges Steamed Carrots Apple Cake Small water or Milk CALORIES: 658-726	Coleman's Hot Dog Tater Tots steamed Mixed Vegetables Sherbet Push- up Sm. Water/Milk Calories: 645-736	French Bread Pizza w/ cheese or pepperoni Tossed Salad Assorted Desserts Small water or Milk Calories: 688-728
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Sandwich & Salad Lunch are also available with Fruit & Milk \$3.75 Students \$4.00 Staff

DAILY ALA CARTE MEALS \$5.25

Coleman's Chicken Tender w/Potato	Popcorn Chicken \$4.50	Cheeseburger w/potato	Popcorn Chicken \$4.50	Coleman's Chicken Tenders w/ Potato
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DAILY ALA CARTE SALADS \$5.75

Southwest Chicken Salad	Antipasto Salad	Buffalo Chicken Salad	BBQ Turkey Salad	Chicken Cobb Salad
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EXTRA ALA CARTE OFFERINGS

Bosco Sticks \$3.50	Mike's Pizza Bites \$3.75	Mozzarella Sticks \$3.75	Nachos & Cheese \$3.50	Mac & Cheese Bites \$3,75
Turkey & Cheese Panini \$4.25	BBQ Rib Sanwich \$4.00	Spicy Chicken Sandwich \$4.00	Steak & Cheese Wedge \$4.00	Meatball Wedge \$4.00

DAILY ASSORTED SAL'S & PERSONAL ROUND PIZZA

DAILY VEGETARIAN OFFERINGS

Bowtie Veggie Pasta Salad * Roasted Veggie Wrap w/Cheese * Garden Burger

ANNIE'S FROZEN YOGURT CUP OR CONE CHOCOLATE OR VANILLA W/TOPPINGS \$3.25

AVAILABLE DAILY

Low Fat Yogurt & Fruit Parfaits* Caesar, Chopped, Greek, Spring Mix Salads* Fresh Fruit Salad* Veggie Tray
 Tropicana Juices* Bottled Water* Switch* 100% Snapple* Assorted Lowfat Milks* Capri Sun* Fruitable Juices
 WW Hot Baked Pretzels* Fresh Bagels* Lowfat Baked Muffins* Reduced Fat Cookies* Fresh Popped Popcorn* String Cheese* Individual Hummus w/Pretzels

BREAKFAST SANDWICHES AVAILABLE ALL DAY

MONDAY, DECEMBER 3

TUESDAY, DECEMBER 4

WEDNESDAY, DECEMBER 5

THURSDAY, DECEMBER 6

FRIDAY, DECEMBER 7

LUNCH OF THE DAY \$3.75 STUDENTS \$4.00 STAFF

Cinnamon Pancakes Sausage Links Tater Tots Applesauce Cup Small water or Milk Calories: 638 - 719	Cheese Ravioli Tossed Salad Italian Bread Blueberry Cake Small water or Milk Calories: 688 - 728	Chicken Patty Sandwich Wedge Potatoes Steamed Carrots Peach Cup Small water or Milk Calories: 635 - 726	Turkey Tacos Spanish rice Fiesta Corn Cinnamon Churro Sm. Water/ Milk Calories: 632-785	Shepherd's Pie Tossed Salad Assorted Desserts Small water or Milk Calories: 688 - 728
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Sandwich & Salad Lunch are also available with Fruit & Milk \$3.75 Students \$4.00 Staff

DAILY ALA CARTE MEALS \$5.25

Coleman's Chicken Tenders w/ potato	Popcorn Chicken \$4.50	Grilled Cheese Sandwich w/1/2 oz chip	Popcorn Chicken \$4.50	Coleman's Chicken Tenders w/potato
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DAILY ALA CARTE SALADS \$5.75

Rosemary Chicken Salad	Taco Bean Salad	Chicken Caesar Salad	Chef Salad	Asian Chicken Salad
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EXTRA ALA CARTE OFFERINGS

Mike's Pizza Bites \$3.75	Bosco Sticks \$3.50	Mozzarella Sticks \$3.75	Cheese Calzone \$3.75	Mac & Cheese Bites \$3.75
Mozzarella & Tomato Panini \$4.25	BBQ Pork Sandwich \$4.00	Italian Combo \$4.00	Meatball Wedge \$4.00	Chicken Parm Wedge \$4.00

DAILY ASSORTED SAL'S & PERSONAL ROUND PIZZA

DAILY VEGETARIAN OFFERINGS

Bowtie Veggie Pasta Salad * Roasted Veggie Wrap w/Cheese * Garden Burger

ANNIE'S FROZEN YOGURT CUP OR CONE CHOCOLATE OR VANILLA W/TOPPINGS \$3.25