

# Darien Public Schools Middlesex Middle School Menu

## MAY/JUNE MENU

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, MAY 20**

**TUESDAY, MAY 21**

**WEDNESDAY, MAY 22**

**THURSDAY, MAY 23**

**FRIDAY, MAY 24**

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

Homemade Belgian Waffles w/ Maple Syrup fruit topping, whipped cream Turkey Sausage Links Hash Brown Patty Sm. Water/Milk Calories 638-719	Rotini w/ meatsauce Tossed Salad Garlic Bread Fruit Cup Sm. Water /Milk  Calories: 688-728	Chicken Nuggets Wedge Potatoes Steamed Mixed Vegetables Vanilla Cake Sm. Water/ Milk  Calories: 635-726	Turkey Tacos boats 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
--	--	---	---	---

*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 <b>\$4.50</b>	Grilled Cheese w/1/2oz chip	Popcorn Chicken <b>\$4.50</b>	Coleman's Chicken Tenders w/Potato
---------------------------------------	----------------------------------	--------------------------------	----------------------------------	---------------------------------------

### DAILY ALA CARTE SALADS \$5.75

Greek Style Grilled Chicken Quinoa Salad	Chef Salad	Chicken Cobb Salad	Antipasto Salad	Chicken Caesar Salad
---	---------------	-----------------------	--------------------	-------------------------

### EXTRA ALA CARTE OFFERINGS

Mac & Cheese Bites <b>\$3.75</b>	Cheese Quesadilla <b>\$3.00</b>	Mike's Pizza Bites <b>\$3.75</b>	Bosco Sticks <b>\$3.50</b>	Mozzarella Sticks <b>\$3.75</b>
BBQ Chicken Panini <b>\$4.25</b>	BBQ Rib Sandwich <b>\$4.00</b>	Spicy Chicken Sandwich <b>\$4.00</b>	Steak & cheese Wedge <b>\$4.00</b>	Meatball Wedge <b>\$4.00</b>

### 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, MAY 27**

**TUESDAY, MAY 28**

**WEDNESDAY, MAY 29**

**THURSDAY, MAY 30**

**FRIDAY, MAY 31**

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

NO SCHOOL  MEMORIAL DAY	Spaghetti & Meatballs Tossed Salad Italian Bread Peach Cup Sm. Water/Milk	Chicken Patty Sweet Potato Wedges Steamed Carrots Blueberry Cake Sm. Water/Milk	General Tso's Chicken Vegetable Rice Spring Roll Fortune Cookie Sm. Water/Milk	Macaroni & Cheese Tossed Salad Breadstick Assorted Desserts sm water / milk
	Calories: 688-728	Calories: 658-726	Calories: 632-785	Calories: 688-728

*Sandwich & Salad Lunch are also available with Fruit & Milk \$3.75 Students \$4.00 Staff*

**DAILY ALA CARTE MEALS \$5.25**

	Popcorn chicken <b>\$4.50</b>	Cheeseburger w/potato	Popcorn Chicken <b>\$4.50</b>	Coleman's Chicken Tenders W/Potato
--	----------------------------------	-----------------------	----------------------------------	---------------------------------------

**DAILY ALA CARTE SALADS \$5.75**

	Rosemary Chicken Salad	Chef Salad	Chicken Cobb Salad	Taco Bean Salad
--	---------------------------	---------------	-----------------------	--------------------

**EXTRA ALA CARTE OFFERINGS**

	Mike's Pizza Bites <b>\$3.75</b>	Mozzarella sticks <b>\$3.75</b>	Bosco Sticks <b>\$3.50</b>	Mac & Cheese Bites <b>\$3.75</b>
	BBQ Pork Sandwich <b>\$4.00</b>	Spicy Chicken Sandwich <b>\$4.00</b>	Meatball Wedge <b>\$4.00</b>	Chicken Parmesan Wedge <b>\$4.00</b>

**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, JUNE 3	Tuesday, JUNE 4	WEDNESDAY, JUNE 5	THURSDAY, JUNE 6	FRIDAY, JUNE 7
<b>LUNCH OF THE DAY \$3.75 STUDENTS \$4.00 STAFF</b>				
Homemade Belgian Waffles w/ Maple Syrup fruit topping, whipped cream Turkey Sausage Links Hash Brown Patty Sm. Water/Milk Calories 638-719	Cheese Ravioli Tossed Salad Breadstick Peach cup Small Water/Milk  Calories: 688-728	Chicken Nuggets Wedge Potatoes Steamed Mixed Vegetables Vanilla Cake Sm. Water/ Milk  Calories: 635-726	Turkey Tacos Rice & Beans 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

*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 <b>\$4.50</b>	Grilled Cheese w/ 1/2 oz chip	Popcorn Chicken <b>\$4.50</b>	Coleman's Chicken Tenders w/potato
---------------------------------------	----------------------------------	----------------------------------	----------------------------------	---------------------------------------

**DAILY ALA CARTE SALADS \$5.75**

Antipasto Salad	Manager's Choice Salad	Crispy Chicken Caesar Salad	Manager's Choice Salad	Chicken Cobb Salad
--------------------	---------------------------	--------------------------------	---------------------------	-----------------------

**EXTRA ALA CARTE OFFERINGS**

Cheese Quesadilla <b>\$3.00</b>	Mac & Cheese Bites <b>\$3.75</b>	Mozzarella Sticks <b>\$3.75</b>	Bosco Sticks <b>\$3.50</b>	Mike's Pizza Bites <b>\$3.75</b>
Steak & Cheese Wedge <b>\$4.00</b>	BBQ Rib Sandwich <b>\$4.00</b>	Italian Combo <b>\$4.00</b>	Chicken Cordon Bleu Panini <b>\$4.25</b>	Meatball Wedge <b>\$4.00</b>

**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, JUNE 10**

**TUESDAY, JUNE 11**

**WEDNESDAY, JUNE 12**

**THURSDAY, JUNE 13**

**FRIDAY, JUNE 14**

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

Breakfast Choice w/ maple syrup Turkey Sausage Links Tater Tots Applesauce Cup Sm. Water/ Milk  Calories: 638-719	Manager's Choice Italian Tossed Salad Garlic Bread Pear Cup Small water or Milk  CALORIES: 688-728	Chicken Patty Wedge Potatoes Steamed Carrots Peach Cup Small water or Milk  Calories: 635 - 726	Manager's Choice   Small Water/Milk  Calories: 632- 785	Manager's Choice   sm water / milk  Calories: 688-728
--	--	---	--	--

*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 <b>\$4.50</b>	Cheeseburger w/potato	Popcorn Chicken <b>\$4.50</b>	Coleman's Chicken Tenders w/potato
--------------------------------------	----------------------------------	--------------------------	----------------------------------	---------------------------------------

**DAILY ALA CARTE SALADS \$5.75**

Southwest Chicken Salad	Manager's Choice Salad	Buffalo Chicken Salad	Manager's Choice Salad	Greek Style Grilled Chicken Quinoa Salad
----------------------------	---------------------------	--------------------------	---------------------------	--

**EXTRA ALA CARTE OFFERINGS**

Bosco Sticks <b>\$3.50</b>	Mac & Cheese Bites <b>\$3.75</b>	Mozzarella Sticks <b>\$3.75</b>	Cheese Calzone <b>\$3.00</b>	Cheese Quesadilla <b>\$3.00</b>
Manager's Choice Panini <b>\$4.25</b>	BBQ Rib Sanwich <b>\$4.00</b>	Spicy Chicken Sandwich <b>\$4.00</b>	Steak & Cheese Wedge <b>\$4.00</b>	Chicken Parmesan Wedge <b>\$4.00</b>

**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, JUNE 17**

**TUESDAY, JUNE 18**

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

Manager's Choice	Manager's Choice			
------------------	------------------	--	--	--

*Sandwich & Salad Lunch are also available with Fruit & Milk \$3.75 Students \$4.00 Staff*

**DAILY ALA CARTE MEALS \$5.25**

Manager's Choice	Manager's Choice			
------------------	------------------	--	--	--

**DAILY ALA CARTE SALADS \$5.75**

Manager's Choice	Manager's Choice			
------------------	------------------	--	--	--

**EXTRA ALA CARTE OFFERINGS**

Manager's Choice	Manager's Choice			
------------------	------------------	--	--	--

**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**