



Bristow Middle School Menu - January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>2</p> <p>Popcorn Chicken D Dinner Roll Carrot Sticks Strawberry Cup Assorted Fresh Fruits & Vegetables</p>	<p>3</p> <p>Pasta with Meat/Meatless Sauce Warm Bread Stick Spinach Salad Juice Choice Assorted Fresh Fruits & Vegetables</p>	<p>4</p> <p>Hot Dog on a Bun Vegetarian Beans Crinkle Cut Fries Fresh Apple Assorted Fresh Fruits & Vegetables</p>
<p>7</p> <p>School Made Pizza with Assorted Toppings Fresh Steamed Broccoli Applesauce Assorted Fresh Fruits & Vegetables</p>	<p>8</p> <p>All Beef Burger on a Bun with or without Cheese D or Veggie Burger on a Bun Sweet Potato Sticks Juice Choice Assorted Fresh Fruits & Vegetables</p>	<p>9</p> <p>Mini Maple Pancakes E,D Sausage Patty Roasted Butternut Squash Diced Pears Assorted Fresh Fruits & Vegetables</p>	<p>10</p> <p>Nachos Grande with Meat and/or Cheese D Lettuce, Salsa & Sour Cream D Steamed Corn Juice Choice Assorted Fresh Fruits & Vegetables</p>	<p>11</p> <p>Philly Steak Pinwheel or Corn Dog E,D Vegetarian Beans Fresh Apple Assorted Fresh Fruits & Vegetables</p>
<p>14</p> <p>School Made Pizza with Assorted Toppings Spinach Salad Fresh Apple Assorted Fresh Fruits & Vegetables</p>	<p>15</p> <p>Cheese Calzone D with Marinara Dipping Sauce Steamed Edamame Juice Choice Assorted Fresh Fruits & Vegetables</p>	<p>16</p> <p>Breaded Chicken Filet on a Soft Kaiser Roll Carrot Coins Sweet Potato Sticks Strawberry Cup Assorted Fresh Fruits & Vegetables</p>	<p>17</p> <p>Pasta with Meat/Meatless Sauce Warm Bread Stick Fresh Steamed Broccoli Juice Choice Assorted Fresh Fruits & Vegetables</p>	<p>18</p> <p>Street Taco Pork Carnita or Chicken Lettuce, Salsa & Sour Cream D or Cheese Quesadilla D Carrot Sticks Juice Choice Assorted Fresh Fruits & Vegetables</p>
<p>2</p> <p>Martin Luther King Day</p> <p>No School</p>	<p>22</p> <p>Toasted Cheese Sandwich D Tomato Soup Sweet Potato Sticks Juice Choice Assorted Fresh Fruits & Vegetables</p>	<p>23</p> <p>French Toast Sticks E,D Sausage Patty Potato Puffs Orange Wedges Assorted Fresh Fruits & Vegetables</p>	<p>24</p> <p>Nachos Grande with Meat and/or Cheese D Lettuce, Salsa & Sour Cream D Steamed Corn Juice Choice Assorted Fresh Fruits & Vegetables</p>	<p>25</p> <p>Jamaican Beef Patty or BBQ Beef Rib on a Bun D Three Bean Salad Applesauce Assorted Fresh Fruits & Vegetables</p>
<p>28</p> <p>Mozzarella Sticks D with Marinara Dipping Sauce Warm Bread Stick Broccoli Salad E Strawberry Cup Assorted Fresh Fruits & Vegetables</p>	<p>29</p> <p>All Beef Burger on a Bun with or without Cheese D or Veggie Burger on a Bun Crinkle Cut Fries Juice Choice Assorted Fresh Fruits & Vegetables</p>	<p>30</p> <p>All White Meat Chicken Tenders Dinner Roll Fresh Mashed Potato D Diced Pears Assorted Fresh Fruits & Vegetables</p>	<p>31</p> <p>Pasta with Meat/Meatless Sauce Steamed Zucchini Juice Choice Assorted Fresh Fruits & Vegetables</p>	<div style="border: 1px solid black; padding: 5px; background-color: #e0ffff;"> <p>Milk Choices offered daily include low fat & fat free unflavored or flavored milk</p> </div> <p>This institution is an equal opportunity provider</p>

Food allergy information: All hot meals are peanut and tree nut free and Trans Fat Free; most meals contain soy, wheat and gluten - Please contact Tim Prosinski, Food Service Director at (860)561-6610 to discuss an alternate meal plan for your child. **Key:** D = contains milk/dairy; E = contains egg; ***Menu Subject to Change Without Notice**