




Sedgwick Middle School Menu - March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
 On the 18th & 25th	FRESH SALAD PLATES AVAILABLE			1 Jamaican Beef Patty or Corn Dog E,D Vegetarian Beans Applesauce Assorted Fresh Fruits & Vegetables
4 Personal Pizza D with or without Pepperoni Chopped Romaine Salad Fresh Apple Assorted Fresh Fruits & Vegetables	5 Nachos Grande with Meat and/or Cheese D Lettuce, Salsa & Sour Cream D Steamed Corn Fruit or Juice Assorted Fresh Fruits & Vegetables	6 All White Meat Chicken Tenders Dinner Roll Carrot Coins Strawberry Cup Assorted Fresh Fruits & Vegetables	7 Hot Dog on a Bun Cole Slaw E Crinkle Cut Fries Fruit or Juice Assorted Fresh Fruits & Vegetables	8 BBQ Beef Rib on a Bun D or Philly Steak Pinwheel or Filet of Fish Sandwich E, D Vegetarian Beans Applesauce
11 French Bread Pizza D with or without Pepperoni Three Bean Salad Mixed Fruit Cup Assorted Fresh Fruits & Vegetables	12 Baked Potato Bar NEW! with Taco or Broccoli Topping Cheese Sauce D Salsa & Sour Cream D Steamed Corn Assorted Fresh Fruits & Vegetables	13 Popcorn Chicken D Dinner Roll Seasoned Green Beans Fresh Orange Assorted Fresh Fruits & Vegetables	14 Pasta with Meat/Meatless Sauce Warm Bread Stick Broccoli Salad E,D Fruit or Juice Assorted Fresh Fruits & Vegetables	15 French Toast Sticks E,D Sausage Patty or Filet of Fish Sandwich E,D Roasted Butternut Squash Fresh Apple
18 Mozzarella Sticks D with Marinara Dipping Sauce Warm Bread Stick Zucchini Parmesan Bake Pear Cup Assorted Fresh Fruits & Vegetables	19 Nachos Grande with Meat and/or Cheese D Lettuce, Salsa & Sour Cream D Steamed Corn Fruit or Juice Assorted Fresh Fruits & Vegetables	20 Breaded Chicken Filet on a Soft Kaiser Roll Carrot Sticks w/ Dip Mandarin Oranges Assorted Fresh Fruits & Vegetables	21 Hot Dog on a Bun Vegetarian Beans Potato Puffs Fruit or Juice Assorted Fresh Fruits & Vegetables	22 Corn Dog E,D or Filet of Fish Sandwich E,D Romaine & Spinach Salad Diced Pears Assorted Fresh Fruits & Vegetables
25 Stuffed Bread Stick Dunkers D with Marinara Dipping Sauce Chopped Romaine Salad Applesauce Assorted Fresh Fruits & Vegetables	26 All Beef Burger on a Bun with or without Cheese D or Veggie Burger on a Bun Crinkle Cut Fries Vegetarian Beans Fruit or Juice	27 Popcorn Chicken D Dinner Roll Butternut Squash Fresh Apple Assorted Fresh Fruits & Vegetables	28 Pasta with Meat/Meatless Sauce Warm Bread Stick Steamed Edamame Fruit or Juice Assorted Fresh Fruits & Vegetables	29 Hot Egg and Cheese Wrap E,D Sausage Patty or Filet of Fish Sandwich E,D Celery Sticks w/ Dip Mixed Fruit Cup
This institution is an equal opportunity provider	Milk Choices offered daily include low fat & fat free unflavored or flavored milk		Additional Fresh Fruits & Vegetable choices are offered daily with all meals.	

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 Proinski, 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**