



Sedgwick Middle School Menu - January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		2 Popcom Chicken D Dinner Roll Carrot Sticks Strawberry Cup Assorted Fresh Fruits & Vegetables	3 Pasta with Meat/Meatless Sauce Warm Bread Stick Spinach Salad Juice Choice Assorted Fresh Fruits & Vegetables	4 Hot Dog on a Bun Vegetarian Beans Fresh Apple Assorted Fresh Fruits & Vegetables
7 Personal Pizza D Fresh Steamed Broccoli Applesauce Assorted Fresh Fruits & Vegetables	8 All Beef Burger on a Bun with or without Cheese D or Veggie Burger on a Bun Potato Puffs Juice Choice Assorted Fresh Fruits & Vegetables	9 Mini Maple Pancakes E,D Sausage Patty Roasted Butternut Squash Diced Pears Assorted Fresh Fruits & Vegetables	10 Nachos Grande with Meat and/or Cheese D Lettuce, Salsa & Sour Cream D Steamed Corn Juice Choice Assorted Fresh Fruits & Vegetables	11 Philly Steak Pinwheel or Corn Dog E, D Vegetarian Beans Fresh Apple Assorted Fresh Fruits & Vegetables
14 French Bread Pizza D Spinach Salad Fresh Apple Assorted Fresh Fruits & Vegetables	15 Cheese Calzone D with Marinara Dipping Sauce Steamed Edamame Juice Choice Assorted Fresh Fruits & Vegetables	16 Breaded Chicken Filet on a Soft Kaiser Roll Carrot Coins Strawberry Cup Assorted Fresh Fruits & Vegetables	17 Pasta with Meat/Meatless Sauce Warm Bread Stick Fresh Steamed Broccoli Juice Choice Assorted Fresh Fruits & Vegetables	18 Street Taco Pork Carnita or Chicken Lettuce, Salsa & Sour Cream D or Cheese Quesadilla D Carrot Sticks Juice Choice Assorted Fresh Fruits & Vegetables
21 Martin Luther King Day No School	22 Toasted Cheese Sandwich D Tomato Soup Juice Choice Assorted Fresh Fruits & Vegetables	23 French Toast Sticks E,D Sausage Patty Potato Puffs Orange Wedges Assorted Fresh Fruits & Vegetables	24 Nachos Grande with Meat and/or Cheese D Lettuce, Salsa & Sour Cream D Steamed Corn Juice Choice Assorted Fresh Fruits & Vegetables	25 Jamaican Beef Patty or BBQ Beef Rib on a Bun D Three Bean Salad Applesauce Assorted Fresh Fruits & Vegetables
28 Mozzarella Sticks D with Marinara Dipping Sauce Warm Bread Stick Broccoli Salad E Strawberry Cup Assorted Fresh Fruits & Vegetables	29 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	30 All White Meat Chicken Tenders Dinner Roll Carrot Sticks Diced Pears Assorted Fresh Fruits & Vegetables	31 Pasta with Meat/Meatless Sauce Warm Bread Stick Steamed Zucchini Juice Choice Assorted Fresh Fruits & Vegetables	<div style="border: 1px solid black; padding: 5px; background-color: #e0f0ff;"> Milk Choices offered daily include low fat & fat free unflavored or flavored milk </div> This institution is an equal opportunity provider

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**