




# King Philip Middle School Menu - January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	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 Crinkle Cut Fries Fresh Apple Assorted Fresh Fruits & Vegetables
7 School Made Pizza with Assorted Toppings Fresh Steamed Broccoli Applesauce Assorted Fresh Fruits & Vegetables	8  Scratch Made Enchilada Bake D Black Bean & Corn Salad 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 School Made Pizza with Assorted Toppings 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 Sweet Potato Sticks 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 Sweet Potato Sticks 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 Fresh Mashed Potato D Diced Pears Assorted Fresh Fruits & Vegetables	31 Pasta with Meat/Meatless Sauce Steamed Zucchini Juice Choice Assorted Fresh Fruits & Vegetables	<b>Milk Choices offered daily include low fat &amp; fat free unflavored or flavored milk</b>  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 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