





Sedgwick Middle School Menu - February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk Choices offered daily include low fat & fat free unflavored or flavored milk</p>	<div style="background-color: lightgreen; padding: 5px; border: 1px solid black; margin-bottom: 10px;"> FRESH SALAD PLATES AVAILABLE </div> 			<p>1 Hot Dog on a Bun Vegetarian Beans Potato Puffs Assorted Fresh Fruits & Vegetables</p>
<p>4 Personal Pizza D with or without Pepperoni Garden Salad Assorted Fresh Fruits & Vegetables</p>	<p>5 Nachos Grande with Meat and/or cheese D Lettuce, Salsa & Sour Cream D Steamed Corn Assorted Fresh Fruits & Vegetables</p>	<p>6 Popcorn Chicken D Dinner Roll Carrot Coins Assorted Fresh Fruits & Vegetables</p>	<p>7 All Beef Burger on a Bun with or without Cheese D or Veggie Burger on a Bun Crinkle Cut Fries Vegetarian Beans Assorted Fresh Fruits & Vegetables</p>	<p>8 Jamaican Beef Patty or Corn Dog E,D Celery Sticks w/ Dip Assorted Fresh Fruits & Vegetables</p>
<p>11 French Bread Pizza D with or without Pepperoni Spinach Salad Assorted Fresh Fruits & Vegetables</p>	<p>12 Nachos Grande with Meat and/or Cheese D Lettuce, Salsa & Sour Cream D Steamed Corn Assorted Fresh Fruits & Vegetables</p>	<p>13 All White Meat Chicken Tenders Dinner Roll Green Peas Assorted Fresh Fruits & Vegetables</p>	<p>14 Pasta with Meat/Meatless Sauce Warm Bread Stick Fresh Steamed Broccoli Assorted Fresh Fruits & Vegetables Happy Valentines Day!! </p>	<p>15 BBQ Beef Rib on a Bun D or Filet of Fish Sandwich E,D Garden Salad Assorted Fresh Fruits & Vegetables</p>
<p>18 Winter Recess!!</p>	<p>19 </p>	<p>20 Breaded Chicken Filet on a Soft Kaiser Roll Carrot Sticks w/ Dip Assorted Fresh Fruits & Vegetables</p>	<p>21 All Beef Burger on a Bun with or without Cheese D or Veggie Burger on a Bun Potato Putts Vegetarian Beans Assorted Fresh Fruits & Vegetables</p>	<p>22 Stuffed Bread Stick Dunkers D with Marinara Dipping Sauce Roasted Zucchini Assorted Fresh Fruits & Vegetables</p>
<p>25 Mozzarella Sticks D with Marinara Dipping Sauce Warm Bread Stick Broccoli Salad E Assorted Fresh Fruits & Vegetables Meatless Monday!!</p>	<p>26 Nachos Grande with Meat and/or Cheese D Lettuce, Salsa & Sour Cream D Steamed Corn Assorted Fresh Fruits & Vegetables</p>	<p>27 Popcorn Chicken D Dinner Roll Butternut Squash Assorted Fresh Fruits & Vegetables</p>	<p>28 Pasta with Meat/Meatless Sauce Warm Bread Stick Spinach Salad Assorted Fresh Fruits & Vegetables</p>	<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