

# Middletown High School Menu

## October 2009

### *Sandwich Central*

Freshly Prepared  
Deli Style  
Sandwiches Made  
to Order

**Featuring:**

- Fresh Veggies
- Variety of Cheeses
- Whole Grain Breads and Rolls
- Premium Deli Meats Available

### Daily Meal Accompaniments



**Monday**  
Cucumber Salad  
Penne & Bean Salad

**Tuesday**  
Potato Salad  
Caesar Salad

**Wednesday**  
Fresh Cantaloupe  
Fresh Vegetable Medley

**Thursday**  
Broccoli & Carrot Salad  
Greek Pasta salad

**Friday**  
Tomato  
Mozzarella Salad  
Chick Pea Salad

|  |   |  |  |  |
|--|---|--|--|--|
|  |   |  | 1  | 2  |
|   |   | <b>GET FRESH. BUY LOCAL.</b>   | Baked Potato Bar with Cheese, Broccoli & Texas Chili<br><br>Whole Wheat Roll 🍷   | BBQ Pulled Pork Sandwich 🍷<br><br>Baked Beans  |
| 5  | 6   | 7  | 8  | 9  |
| Oven Roasted Herb Chicken<br><br>Brown Rice Pilaf<br>🍷 Whole Grain Bread<br>Hot Veggies  | 🍷 Pizza Dippers with Marinara Sauce<br><br>Fresh Broccoli Bites<br>Chilled Fruit & Milk | "Build Your Own" Taco/Nacho & Toppings<br><br>Corn & Beans 🍷<br>Salsa & Toppings | <b>American Diner Bowl</b><br>Meatloaf<br>Mashed Potato<br>Mixed Vegetables<br>Warm Apple Slices<br>🍷 Whole Grain Roll | 🍷 Sweet & Sour Breaded Popcorn Chicken<br>Brown rice<br>Broccoli<br>Fresh orange     |
| 12   | 13  | 14   | 15   | 16   |
|   | 🍷 Macaroni & Cheese Bowl<br>With Diced Ham<br>And Fresh Peas                            | Chicken Primavera Pasta 🍷<br><br>Tossed Garden Salad                             | Deluxe Burger with Lettuce & Tomato<br><br>Crinkle Cut Oven Fries  | Buffalo Chicken Wrap 🍷<br>Your Way with<br>Crispy Roasted Locally Grown Potatoes     |
| 19   | 20  | 21   | 22   | 23   |
| <b>Upside Down Rancher's Pie Bowl</b><br>Mashed Potatoes, Gravy<br>Savory Beef & Peas<br>Warm Apple Slices<br>🍷 Whole Wheat Roll | 🍷 Chicken Caesar Wrap<br><br>Vegetable Pasta Salad<br>Orange Wedges                     | <b>Trattoria</b><br>Trattoria Pasta Bar 🍷<br><br>Antipasto Salad                 | Spicy General Tso's Chicken<br>🍷 Brown Rice<br><br>Steamed Broccoli  | 🍷 Chicken Parmesan<br>Seasoned Barilla Pasta<br>Vegetable Medley<br>Fresh Orange     |
| 26   | 27  | 28   | 29   | 30   |
| Nacho Bar with Salsa and Fresh Toppings<br><br>Brown Rice & Beans  | Chicken Cordon Blue<br>Garlic Flavored Noodles 🍷<br>Ratatouille                         | Chicken Stir Fry with Brown Rice<br>Fresh Fruit                                  | Beef & Cheese Quesadilla<br><br>Corn on the Cob<br>Fresh Fruit   | 🍷 Pizza Dippers with Marinara Sauce<br>Broccoli Bites<br>🍷 Locally Grown Fresh Apple |

**Menu Subject to Change** 🍷 **All grain items are made with whole grains**  
**All meals are served with milk (1% low fat white or flavored) and fruit (fresh or canned).**  
 🍷 "Balanced Choices" meals meet specific nutritional guidelines when all featured menu items are selected

Prices: Student Meal: \$2.50 • Reduced Meal: \$0.40 • Milk: \$0.55 • Adult: \$3.25

### *Trattoria*

**Italian Specialties**  
Available daily:

Fresh Baked Cheese and Pepperoni Pizza served with Your Choice of Hot or Cold Vegetable, Fruit and Milk

### Specials for the Week

Monday **Buffalo Chicken Pizza**  
 Tuesday **Assorted calzones**  
 Wednesday **Pizza Dippers & Marinara Sauce**  
 Thursday **Italian Stromboli**  
 Friday **Bruschetta pizza**

### THE FRESH GRILLE

Available daily:

Hamburger, Cheeseburger, Chicken Patty & Chicken Nuggets

### Specials for the Week

Mondays **Steak & Cheese / Meatball Sub**  
 Tuesdays **Buffalo Chicken Sandwich**  
 Wednesdays **Double Dogs**  
 Thursdays **Buffalo Chicken Sandwich**  
 Fridays **Steak & Cheese / Veggie Burger**

### *Outtakes*

QUICK CUISINE

Assorted pre-packaged entrée salads and a variety of deli sandwiches with accompaniments



**Balanced choices meal offered daily**

**Specials:**

M, W, F **Chicken Caesar Wrap**  
 Tue, Thu **Veggie Wrap w/ Cheese**  
 Daily **Yogurt & Fruit w/ Crackers**

Any questions please call:  
**Director of Dining Services**  
**Linda Benedetti at**  
**848-5026**