

Cromwell Middle School

MONDAY

VARIETY OF COLD CEREAL

TUESDAY

WG BREAKFAST BAR

WEDNESDAY

WG BREAKFAST BUN

THURSDAY

ASSORTED MUFFINS

FRIDAY

BANANA BREAD



BREAKFAST TIME

Breakfast is served as a "meal" and includes:
Choice of milk, fruit, yogurt or cheese stick. Ala Carte selections
are not available.

Cold Cereal is offered everyday as an alternate.

Menu subject to change

-2023-

MARCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cromwell Middle School

Choice of milk served with each meal: chocolate, white, strawberry, fat free, 1% low fat white & lactose free. Fresh and canned fruit is available daily. All bread and pastas are either whole grain or whole wheat.

Lunch is free to all students.

Alternate Daily Lunch Options:

Assorted sandwiches- Ham & Cheese, Turkey & Cheese or Sunbutter with Jelly.

Chicken Caesar Salad

Bagel & Yogurt Plate

Due to the ongoing COVID-19 pandemic, we are anticipating unprecedented challenges in supply chains with our vendors. Although we will do our best not to make substitutions, all menus are subject to change due to product shortages.

6 Chicken Tenders
Oven potatoes
Steamed corn
Fruit choice

13 WG chicken nuggets
Mashed potatoes
WG roll
Steamed corn
Fruit choice

20 WG popcorn chicken
Mashed potatoes
Dinner roll
Steamed Corn
Fruit choice

27 Chicken Patty on WG roll
Oven potatoes
Steamed corn
Fruit choice

7 Hot dog on WG roll
Curly fries
Baked Beans
Fruit Choice

14 Cheeseburger on WG grain roll
Baked beans
Oven potatoes
Fruit choice

21 Toasted cheese sandwich
Tomato Soup
Goldfish Crackers
Garden Salad
Fruit Choice

28 WG mini pancakes w/syrup
Hash brown patty
Sunset Sip
Vegetable juice
Chicken sausage
Fruit choice

1 **Early Release**
Stuffed Bread with Italian Cheeses and garlic
Marinara sauce
Steamed broccoli
Egg noodles
Fruit choice

8 **Half Day**
Egg and Cheese
Breakfast wrap
Sunset Sip
Vegetable juice
Fruit choice

15 **Early Release**
WG mozzarella sticks
W/ Marinara sauce
Crisp romaine salad
Steamed Broccoli
Egg noodles
Fruit choice

22 **Early Release**
Penne w/ meat sauce
Salad
Dinner roll
Green beans
Fruit Choice

29 **Early Release**
WG mozzarella sticks
W/ Marinara sauce
Crisp romaine salad
Steamed Broccoli
Egg noodles
Fruit choice

2 Nacho plate
Meat and cheese
Tortilla chips
Salsa, sour cream
Black Bean and Corn
Fiesta
Fruit Choice

9 Penne w/ meat sauce
Salad
Dinner roll
Green beans
Fruit Choice

16 WG mini waffles w/syrup
Hash brown patty
Sunset Sip
Vegetable juice
Chicken sausage
Fruit choice

23 French toast sticks w/ syrup
Chicken sausage
Sunset Sip
Vegetable juice
Hash brown patty
Fruit choice

30 Nacho plate
Meat and cheese
Tortilla chips
Salsa, sour cream
Black Bean and Corn
Fiesta
Fruit Choice

3 Cheese pizza
Carrots & celery sticks
Hummus
Garden salad
Fruit choice or raisins

10 Cheese pizza
Carrots & celery sticks
Hummus
Garden salad
Fruit choice or raisins

17 Cheese pizza
Carrots & celery sticks
Hummus
Garden salad
Fruit choice or raisins

24 Cheese pizza
Carrots & celery sticks
Hummus
Garden salad
Fruit choice or raisins

31 Cheese pizza
Carrots & celery sticks
Hummus
Garden salad
Fruit choice or raisins