

# 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

**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

## TUESDAY

**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

## WEDNESDAY

**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

## THURSDAY

**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

## FRIDAY

**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

### 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.