

January 2018 Tolland Intermediate School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Available Jan. 2 nd – Jan. 5 th				
Crunchy Chicken Salad with cheez it's crackers or Yogurt Parfait with a soft Pretzel or PB&J Sandwich				
Help Wanted Food & Nutrition Services <i>See next page for more info</i>	2	3	4	5
	Popcorn Chicken with a Soft Roll	Pasta & Meatballs with Cheesy Garlic Breadsticks	Cheeseburger Macaroni & Cheese	Stuffed Burrito <i>Seasoned beef with rice, cheese and refried beans wrapped in a soft tortilla</i>
	Egg, Sausage & Cheese Breakfast Wrap	Personal Round Pizza	***NEW*** Asian Chicken with Fried Rice	Fun Shaped Chicken Nuggets with a Soft Roll
	Mashed Potato	Broccoli Salad	Lemon Roasted Carrots	Roasted Cauliflower
Available Jan. 8 th – Jan. 12 th				
Chicken Caesar Salad with a Dinner Roll or Yogurt & Muffin & String Cheese Plate or PB&J Sandwich				
8	9	10	11	12 Early Release
Cheese or Veggie Pizza	Hot Dog on a Bun	Pasta & Meatballs with Cheesy Garlic Breadsticks	Popcorn Chicken with a Soft Roll	Fun Shaped Chicken Nuggets with a Soft Roll
Hummus Bento Box <i>Freshly made hummus with a hardboiled egg, fresh veggies and Panini bread wedges & cheez-it crackers</i>	Chicken Patty with American cheese on a Bun	Teriyaki Dippers with Cilantro Flavored Rice	Meatball Grinder	Fish Sticks & Whole Grain Goldfish
Green Beans	Baked Beans	Roasted Parmesan Broccoli	Jello Treat	Oven Fries
Available Jan. 16 th – Jan. 19 th				
Chicken BLT Shaker Salad with corn chips or Yogurt Parfait with a soft Pretzel or PB&J Sandwich				
Martin Luther King Jr's Birthday  January 15th No School	16	17	18	19
	Chicken Tenders with a Side of Mac & Cheese	Pasta & Meatballs with Cheesy Garlic Breadsticks	Pizza Dippers <i>with marinara sauce</i>	Sausage & Pancake <i>with warm blueberry topping</i>
	Freshly Made Chili With Tortilla Chips	Personal Round Pizza	***NEW*** Asian Chicken with Fried Rice	***NEW*** Chicken Alfredo Pasta & Cheesy Garlic Breadstick -Penne Pasta <i>with diced chicken smothered in creamy alfredo sauce</i>
	Herbed Chick Pea Salad	Fruited Spinach Salad	Butternut Squash	Sweet Italian Peas



AVAILABLE DAILY

Each meal includes an entrée with a whole grain, a choice of vegetables (students may select two), a variety of fruits and low-fat or fat-free milk (plain or flavored). Each child must select at least three of the five components including a fruit or vegetable to create a meal.

Without a fruit or vegetable, a la carte prices must be charged for each item.

**All Main Dish Grain Items Are
Whole Grain Rich!**



**LUNCH PRICE
\$ 2.65
ALA CARTE MILK .60**

Menus may change
without notice.

January 2018 Tolland Intermediate School

Available Jan. 22nd – Jan. 26th
Crunchy Chicken Salad & Cheezit crackers or Yogurt & Cereal Plate with String Cheese & goldfish crackers or PB&J Sandwich

22	23	24	25	26
Stuffed Crust Pizza	Popcorn Chicken with Soft Roll	Pasta & Meatballs with Cheesy Garlic Breadsticks	Mini Corn Dog Nuggets <i>with dipping sauce</i>	Chicken Nuggets with a Soft Pretzel
Mini Cheese Ravioli with Cheesy Garlic Breadsticks	Cinnamon Ham & Waffle Breakfast Sandwich <i>with vanilla roasted apples</i>	French Toast with Sausage	Grilled Ham & Cheese	Pizza Bento Box <i>Whole grain crust with shredded mozzarella cheese, sliced pepperoni, pizza sauce and fresh pepper strips</i>
Roasted Cauliflower	2-Bean Salad	Broccoli Trees with dressing	Seasoned Carrots	Sweet Kernel Corn
				“Happy Birthday” Sugar Cookie

Available Jan. 29th – Feb. 2nd
Taco Salad in A Shaker Cup or Bagel, Peanut Butter and Yogurt Plate or PB&J Sandwich

29	30	31
Macaroni & Cheese with a Biscuit	Nacho Boat <i>Seasoned beef with salsa, rice, cheese sauce and shredded lettuce</i>	Pasta & Meatballs with Cheesy Garlic Breadsticks
Fruited Cream with a Cinnamon Dutch Waffle	Pepperoni Pizza	Chicken Teriyaki Dippers with Cilantro Lime Seasoned Rice
Steamed Spinach	Cowboy Caviar	Celery Sticks

GERM WARFARE.



The folks who work in your school restaurant wash their hands all the time! And YOU should wash your hands anytime you think they might be dirty. It's one of the easiest ways to fight germs and stay healthy!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

We provide **FREE & REDUCED PRICE MEALS** for all students who qualify. It's easy to apply and we accept Applications all year long.

Learn more at www.tolland.k12.ct.us

or call **860-870-6853** for more information

HELP WANTED - FOOD & NUTRITION SERVICES

IS LOOKING FOR SUBSTITUTE WORKERS WHO MAY BE INTERESTED IN PERMANENT PART-TIME POSITIONS. WORK ONLY WHILE YOUR STUDENTS ARE IN SCHOOL.

PLEASE CONTACT KIM MECTEAU AT
860-870-6853 OR KMECTEAU@TOLLAND.K12.CT.US