

January 2018 Tolland Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
<p><i>Help Wanted Food & Nutrition Services</i></p> <p><i>See next page for more info</i></p>	<p>2</p> <p>Hot Deli – Crispy Chicken Wrap</p> <p>Fresh Baked Pizza Assorted Varieties</p> <p>Chicken Nuggets with a Soft Roll</p> <p>Chili & Cheese with Tortilla Chips</p> <p>Green Beans, Tossed Salad or Raw Veggie Selections</p>	<p>3</p> <p>Nardone's French Bread Pizza</p> <p>Pasta with Meatballs & Cheesy Garlic Breadsticks</p> <p>Mini Corn Dog Nuggets with dipping sauce</p> <p>Roasted Parmesan Broccoli, Tossed Salad or Raw Veggie Selections</p>	<p>4</p> <p>Uno's Pizza</p> <p>BBQ Glazed Drumstick with Mashed Potatoes and a Soft Roll</p> <p>Queso Blanco Cheese Sauce with Tortilla Chips and Salsa</p> <p>Carrot Coins, Tossed Salad or Raw Veggie Selections</p>	<p>5</p> <p>Hot Deli – Build your own Big Beef Burger with Fries</p> <p>Fresh Baked Pizza Assorted Varieties</p> <p>Lasagna Roll up & Meatballs with a Soft Roll</p> <p>Chicken Patty on a Bun</p> <p>Buffalo Roasted Cauliflower, Tossed Salad or Raw Veggie Selections</p>	 <p>AVAILABLE DAILY</p> <p>Made to order fresh deli sandwiches, "Grab & Go" main dish salads, wraps, bagel & yogurt plates, and our own yogurt parfaits.</p> <p>HOT deli items on Tuesdays and Fridays!</p> <p><i>Each student 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.</i></p> <p>All main dish grain items are whole - grain rich!</p>  <p>Ala Carte Milk .60</p> <p>Lunch \$2.85</p> <p>Deli Lunch \$3.00</p> <p><small>Menu may change without notice</small></p>	
	<p>8</p> <p>Big Daddy's Pizza</p> <p>Grilled Cheese Sandwich on Wheat with tomato soup</p> <p>Bacon Cheeseburger With Fries</p> <p>Baby Carrots, Tossed Salad or Raw Veggie Selections</p>	<p>9</p> <p>Hot Deli – Crispy Chicken Wrap</p> <p>Fresh Baked Pizza</p> <p>Chicken Nuggets & Breadstick</p> <p>Breakfast Platter <i>Eggs, French Toast, Sausage & Potatoes</i></p> <p>Cowboy Caviar, Tossed Salad or Raw Veggie Selections</p>	<p>10</p> <p>Nardone's French Bread Pizza</p> <p>Pasta with Meatballs & Cheesy Garlic Breadsticks</p> <p>Spicy Chicken on a Bun</p> <p>Pickled Mushrooms Tossed Salad or Raw Veggie Selections</p>	<p>11</p> <p>Uno's Pizza</p> <p>Asian Chicken Rice Bowl w/fortune cookie</p> <p>Chicken, Broccoli & Cheese Baked Potato & Breadstick</p> <p>Broccoli, Tossed Salad or Raw Veggie Selections</p>		<p>12</p> <p>Early Release</p> <p>No Lunch Served</p>
	<p>11</p> <p>Martin Luther King Jr's Birthday</p>  <p>January 15th</p> <p>No School</p>	<p>16</p> <p>Hot Deli – Crispy Chicken Wrap</p> <p>Fresh Baked Pizza</p> <p>Freshly Made Cheeseburger Mac & Cheese <i>Creamy macaroni & cheese with crumbled beef throughout</i></p> <p>Mini Corn Dog Nuggets with dipping sauce</p> <p>Herbed Chick Pea Salad, Tossed Salad or Raw Veggie Selections</p>	<p>17</p> <p>Nardone's French Bread Pizza</p> <p>Pasta with Meatballs & Cheesy Garlic Breadsticks</p> <p>Chicken Patty on a Bun</p> <p>Sliced Carrots, Tossed Salad or Raw Veggie Selections</p>	<p>18</p> <p>Uno's Pizza</p> <p>Popcorn Chicken Bowl with Breadstick</p> <p>Egg, Sausage & Cheese Breakfast Sandwich on a Bagel with a Hash Brown</p> <p>Mashed Potato Tossed Salad or Raw Veggie Selections</p>		<p>19</p> <p>Hot Deli – Build your own Philly Cheese Steak Sandwich</p> <p>Fresh Baked Pizza Assorted Varieties</p> <p>BBQ Glazed Drumstick with Mashed Potatoes and a Soft Roll</p> <p>Grilled Ham & Cheese</p> <p>Cole Slaw, Tossed Salad or Raw Veggie Selections</p>

<p>22</p> <p>Big Daddy's Pizza</p> <p>Mini Cheese Ravioli & Meatballs with Cheesy Garlic Breadsticks</p> <p>Fish Sandwich with Lettuce and Tomato on a Bun with Curly Fries</p> <p>Curly Fries Tossed Salad or Raw Veggie Selections</p>	<p>23</p> <p>Hot Deli – Crispy Chicken Wrap</p> <p>Fresh Baked Pizza Assorted Varieties</p> <p>Chicken Nuggets with Fried Rice</p> <p>Asian Chicken with Fried Rice, Veggies and a fortune cookie</p> <p>2-Bean Salad, Tossed Salad or Raw Veggie Selections</p>	<p>24</p> <p>Nardone's French Bread Pizza</p> <p>Pasta with Meatballs & Cheesy Garlic Breadsticks</p> <p>Cheeseburger on a Bun</p> <p>Green Beans, Tossed Salad, or Raw Veggie Selections</p>	<p>25</p> <p>Uno's Pizza</p> <p>Cinnamon Ham & Waffle Breakfast Sandwich with Roasted Vanilla Apples</p> <p>Mozzarella Sticks with Marinara Sauce</p> <p>Carrot Fries, Tossed Salad or Raw Veggie Selections</p>	<p>26</p> <p>Hot Deli - Taco Salad - Beef or Chicken</p> <p>Fresh Baked Pizza Assorted Varieties</p> <p>Chicken Tenders with a Soft Roll</p> <p>Hot Dog with Fries</p> <p>Steamed Spinach, Tossed Salad or Raw Veggie Selections</p>	<p>We provide FREE & REDUCED PRICE MEALS for all students who qualify. It's easy to apply and we accept Applications all year long.</p> <p>Learn more at www.tolland.k12.ct.us</p> <p>or call 860-870-6853 for more information</p>
<p>29</p> <p>Big Daddy's Pizza</p> <p>Popcorn Chicken & Breadstick</p> <p>Pasta Primavera with Creamy Alfredo Sauce <i>Penne pasta with creamy Alfredo sauce and assorted, colorful vegetables</i></p> <p>Fresh Baked Sweet Potato, with cinnamon spread, Tossed Salad or Raw Veggie Selections</p>	<p>30</p> <p>Hot Deli – Crispy Chicken Wrap</p> <p>Fresh Baked Pizza Assorted Varieties</p> <p>Chicken & Cheese Quesadilla with Salsa & Chips</p> <p>Creamy Macaroni & Cheese with a Soft Roll</p> <p>Cowboy Caviar, Tossed Salad or Raw Veggie Selections</p>	<p>31</p> <p>Nardone's French Bread Pizza</p> <p>Pasta with Meatballs & Cheesy Garlic Breadsticks</p> <p>Chicken Patty on a Bun</p> <p>Lemon Roasted Carrot Coins</p> <p>Salad Wedge or Raw Veggie Selections</p>	<p>GERM WARFARE.</p> <p>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!</p>  <p>EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!</p>		

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