Meatless Mondays!

Sedgwick Middle School Menu - December

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mozzarella Sticks D w/ Marinara Dipping Sauce Warm Bread Stick Seasoned Green Beans Mixed Fruit Cup	4 Popcorn Chicken D Dinner Roll Three Bean Salad Fruit or Juice	5 Mini Maple Pancakes E,D Sausage Patty Roasted Butternut Squash Fresh Apple	6 Pasta w/ Meat/Meatless Sauce Shredded Cheese Warm Bread Stick Fresh Steamed Broccoli Fruit or Juice	7 Corn Dog E,D or Filet of Fish Sandwich E, D Pasta Vegetable Salad E Diced Peaches
10 Cheese Calzone D w/ Marinara Dipping Sauce Broccoli Crunch Salad E Applesauce	11 All Beef Burger on a Bun w/ or w/out Cheese D or Veggie Burger on a Bun Crinkle Cut Fries Vegetarian Beans Fruit or Juice	12 Philly Steak Pinwheel or Jamaican Beef Patty Cole Slaw E Diced Pears	13 Nachos Grande w/ Meat and/or Cheese D Lettuce, Salsa & Sour Cream D Steamed Corn Fruit or Juice	14 Street Taco w/ Pork Carnita or Chicken Lettuce, Salsa & Sour Cream D or Cheese Quesadilla D Carrot Sticks Fresh Pear
17 French Bread Pizza D Three Bean Salad Celery Sticks w/ Dip Orange Wedges	18 All White Meat Chicken Tenders Dinner Roll Carrot Coins Fruit or Juice	19 French Toast Sticks E,D Sausage Patty Potato Puffs Mandarin Oranges	20 Hot Dog on a Bun Potato Salad E Fruit or Juice	21 Breaded Chicken Filet on a Soft Kaiser Roll Chopped Romaine Salad Fresh Apple
24	25	26	27	28
31 ***Additional Fruit & Vegetable choices are offered daily with all meals.***	*FRESH SALAD PLATES AVAILABLE*			
Milk Choices offered daily include low fat & fat free unflavored or flavored milk		This institution is an equal opportunity provider		**Seasonal Fresh Fruit** ***is available daily with all meals!***

Enjoy Your Holiday Recess!

Food allergy information: All hot meals are peanut and tree nut free and Trans Fat Free; most meals contain soy, wheat and gluten - Please contact Tim Prosinski, Food Service Director at (860)561-6610 to discuss an alternate meal plan for your child. **Key:** D = contains milk/dairy; E = contains egg; ***Menu Subject to Change Without Notice**