

100% Fruit Juice, Fresh Fruit and/or Cut Up Fresh Fruit are available everyday with lunch.

Dodd Middle School Menu October 2012

Five Entrees Available Daily
1. Veggie Garden Salad and Shred. Cheese cup with Bread of the Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><u>CHOOSE HEALTHY</u> Chili Cheese Dog on N.E. Hot Dog Roll Sweet Potato Fries Baked 5" Round Pizza</p> <p><u>Healthy Vegetable Options</u> Romaine Spinach Salad Baked Beans</p>	<p>2</p> <p><u>CHOOSE HEALTHY</u> WG Stuffed Shells with Marinara Sauce Popcorn Chicken w/ Whipped Potatoes Garlic Bread Stick</p> <p><u>Healthy Vegetable Options</u> Caesar Salad w/ Croutons Seasoned Mixed Vegetables</p>	<p>3</p> <p><u>CHOOSE HEALTHY</u> WG Pasta with Marinara Sauce & Baked Chicken Parmesan Stuffed Crust Pizza</p> <p><u>Healthy Vegetable Options</u> Spinach Salad w/ Bacon Three Bean Salad</p>	<p>4</p> <p><u>CHOOSE HEALTHY</u> Meatball WW Sub w/ Mozzarella Cheese Teriyaki Chicken Patty on a Hamburg Roll</p> <p><u>Healthy Vegetable Options</u> Romaine Chick Pea Salad Fresh Steamed Broccoli</p>	<p>5</p> <p><u>CHOOSE HEALTHY</u> Chicken Quesadilla w/ Salsa, Steamed Broccoli & Cheddar Cheese French Bread Pizza</p> <p><u>Healthy Vegetable Options</u> Romaine Spinach Salad Red/Orange Pepper/Hummus</p>

2. Deli Sandwich Variety
Tuna, Turkey or Chicken Salad
Ham and Cheese
on Fresh Baked Rolls or Wraps

3. Yogurt - Bagel -Plate
Plate includes 4 oz yogurt and either a 1 oz string cheese or a bag of sunflower seeds or a peanut butter cup

4. Small Peanut Butter and Jelly Uncrustable Sandwich
plus 1 oz string cheese

5. Grilled Chicken over Salad
Reduced Fat Dressing
Bread of the Day
All with an 8 oz Milk,

Variety of Dark Green Salads, Fresh Fruit, Fresh cut up Fruit, Canned Fruit and 100% Juice Offered Daily.

<p>8</p> <p><u>Columbus Day</u></p> 	<p>9</p> <p><u>CHOOSE HEALTHY</u> Baked Macaroni & Cheese Casserole Spicy Chicken or Regular Chicken Patty on a WW Roll</p> <p><u>Healthy Veggie Options</u> Caesar Salad w/ Croutons Crunchy Steamed Carrots</p>	<p>10</p> <p><u>CHOOSE HEALTHY</u> Bread Stick Dunkers with Mozzarella Cheese w/ Meat or Marinara Sauce</p> <p>Stuffed Crust Pizza</p> <p><u>Healthy Veggie Options</u> Spinach Salad w/ Bacon Cucumbers w/ Hummus</p>	<p>11</p> <p>Early Dismissal Breakfast Only</p> <p>School Lunch LET'S GROW HEALTHY</p> 	<p>12</p> <p><u>CHOOSE HEALTHY</u> Crunchy WG Fish Sticks Garlic Bread Stick Baked Potato Puffs</p> <p>Wild Mike's Pizza Slice</p> <p><u>Healthy Veggie Options</u> Romaine Spinach Salad Seasoned Green Beans</p>
--	--	---	---	---

100% Fruit Juice, Fresh Fruit, Cut Up Fresh Fruit, & Canned Fruits are available everyday with lunch.



Connecticut Grown for CT Kids Week

<p>15</p> <p><u>CHOOSE HEALTHY</u> CT Sloppy Joe made with CT Grown Beef on CT Baked Roll Sweet Potato Fries Baked 5" Round Pizza</p>  <p>A variety of fresh fruit which includes CT & Cheshire Grown Drazen Orchard Apples</p> <p><u>Healthy Veggie Options</u> Romaine Spinach Salad Fresh Seasoned Broccoli</p>	<p>16</p> <p><u>CHOOSE HEALTHY</u> CT Carla's Ravioli CT Raggazino Marinara Sauce w/wo Meatsauce made w CT Grown Beef !! Mozzarella Sticks/Sauce w/wo Meatsauce</p> <p>A variety of fresh fruit which includes CT & Cheshire Grown Drazen Orchard Apples</p> <p><u>Healthy Veggie Options</u> Caesar Salad w/ Croutons CT Butternut Squash</p>	<p>17</p> <p><u>CHOOSE HEALTHY</u> CT Grown Beef Mexican Taco CT Severance Tortilla Chips w/ Cheddar Cheese, L&T WG Rice w/ Black Beans Chicken Tenders w/ Dinner Roll</p> <p>A variety of fresh fruit which includes CT & Cheshire Grown Drazen Orchard Apples</p> <p><u>Healthy Veggie Options</u> Spinach Salad w/ Bacon CT Coleslaw</p>	<p>18</p> <p><u>CHOOSE HEALTHY</u> CT Hummel Hotdogs on Hotdog Bun Chicken Teriyaki Dipper with Seasoned Rice Dinner Roll</p>  <p>A variety of fresh fruit which includes CT & Cheshire Grown Drazen Orchard Apples</p> <p><u>Healthy Veggie Options</u> Romaine Chick Pea Salad Baked Beans</p>	<p>19</p> <p><u>CHOOSE HEALTHY</u> Stuffed Crust Pizza topped with CT Grown Roasted Veggies Baked Crinkle Cut French Fries French Bread Pizza</p> <p>A variety of fresh fruit which includes CT & Cheshire Grown Drazen Orchard Apples</p> <p><u>Healthy Veggie Options</u> Romaine Spinach Salad CT Zucchini Casserole</p>
--	---	--	--	--

MILK \$.75
LUNCH \$2.75
REDUCED \$.40

WG = Whole Grain
RF = Reduced Fat
Terrific = Turkey

Different varieties of milk are available daily with with all lunch choices.
Skim-Non-fat,
Non fat flavored: Chocolate



CT Grown or CT Manufactured Products delivered by a CT Distributor HPC Hartford Provision Company

strawberry and vanilla.

100% Fruit Juice, Fresh Fruit and/or Cut Up Fresh Fruit are available everyday with lunch.

Dodd Middle School Menu October 2012

Five Entrees Available Daily
1. Veggie Garden Salad and Shred.
Cheese cup with Bread of the Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22 <u>CHOOSE HEALTHY</u> Chili Cheese Dog on N.E. Hot Dog Roll Sweet Potato Fries Baked 5" Round Pizza <u>Healthy Veggie Options</u> Romaine Spinach Salad Baked Beans	23 <u>CHOOSE HEALTHY</u> Tasty WG Lasagna with marinara sauce BBQ Rib Sandwich on a Hamburg Roll <u>Healthy Veggie Options</u> Caesar Salad w/ Croutons Sweet Corn	24 Early Dismissal Breakfast Only School Lunch LET'S GROW HEALTHY 	25 <u>CHOOSE HEALTHY</u> Meatballs on WG Sub Toasted Cheese Sandwich on WW Bread <u>Healthy Veggie Options</u> Romaine Chick Pea Salad Celery Sticks w/ Hummus	26 <u>CHOOSE HEALTHY</u> Chicken Quesadilla w/ Salsa, Steamed Broccoli & Cheddar Cheese Wild Mike's Pizza Slice <u>Healthy Veggie Options</u> Romaine Spinach Salad Italian Blend Veggies

2. Deli Sandwich Variety



7th or 8th graders may not charge beyond 5 (five) times in an academic year or loss of menu preference will occur. "No choice" meals will still be charged at the at the \$2.75 per meal rate. All snacks must be paid with cash.

Variety of Dark Green Salads, Fresh Fruit, Fresh cut up Fruit, Canned Fruit and 100% Juice Offered Daily.

29 Early Dismissal Breakfast Only	30 <u>CHOOSE HEALTHY</u> Steamed Cheeseburger or Steamed Hamburger on WW Hamburg Roll Sweet Potato Fries Baked 5" Round Pizza <u>Healthy Veggie Options</u> Caesar Salad w/ Croutons Tomato Salad w/ Basil	31 <u>CHOOSE HEALTHY</u> Bread Stick Dunkers with Mozzarella Cheese w/ Meat or Marinara Sauce Stuffed Crust Pizza <u>Healthy Veggie Options</u> Spinach Salad w/ Bacon Fresh Steamed Baby Carrots	1 <u>CHOOSE HEALTHY</u> Nacho LS Cheese Sauce w/ Salsa & Nacho Chips Popcorn Chicken w/ Whipped Potatoes Garlic Bread Stick <u>Healthy Veggie Options</u> Romaine Chick Pea Salad Zucchini Casserole	2 <u>CHOOSE HEALTHY</u> Crunchy WG Fish Square WW Hamburg Roll & Baked Potato Puffs French Bread Pizza <u>Healthy Veggie Options</u> Romaine Spinach Salad Extra Special Split Pea Soup
---	---	---	---	--



MILK \$.75

Variety of Dark Green Salads, Fresh Fruit, Fresh cut up Fruit, Canned Fruit and 100% Juice Offered Daily.

LUNCH \$2.75

REDUCED \$.40

WG = Whole Grain
RF = Reduced Fat
Terrific = Turkey

Different varieties of milk are available daily with with all lunch choices.
Skim-Non-fat,
Non fat flavored: Chocolate strawberry and vanilla.

