

# Meal Deal

Nutritious Meals at a Great Price! \$3.10



Each meal includes: Entrée, Vegetable, Fruit, Bread and Milk

Look for the **Meal Deal** logo.

\*\*\*\* See pre-paid lunch details below! \*\*\*\*

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Wrap Sandwiches</b></p> 	<p>Spicy Chicken Regular Chicken Or Turkey On Mediterranean Or Spinach Wrap</p> <p>Grilled Chicken On Roll</p> <p>With or Without Cheese</p>	<p>Spicy Chicken Regular Chicken Grilled Chicken On Mediterranean Or Tomato Wrap</p> <p>Tuna Salad On Roll</p> <p>With or Without Cheese</p>	<p>Spicy Chicken Regular Chicken Or Turkey On Mediterranean Or Whole Wheat Wrap</p> <p>Turkey, Bacon On Roll</p> <p>With or Without Cheese</p>	<p>Spicy Chicken Regular Chicken Or Grilled Chicken On Mediterranean Or Spinach Wrap</p> <p>Roast Beef On Roll</p> <p>With or Without Cheese</p>	<p>Spicy Chicken Regular Chicken Or Turkey On Mediterranean Or Spinach Wrap</p> <p>Italian Combo On Roll</p> <p>With or Without Cheese</p>
<p><b>Soup &amp; 1/2 Wrap</b></p> 	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Turkey Mediterranean or Spinach Wrap</p> <p>1/2 Grilled Chicken On Roll</p> <p>With or Without Cheese</p> <p>Tomato Soup</p>	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Grilled Chicken Mediterranean or Tomato Wrap</p> <p>1/2 Tuna Salad On Roll</p> <p>With or Without Cheese</p> <p>Chicken Noodle</p>	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Turkey Mediterranean or Whole Wheat Wrap</p> <p>1/2 Turkey Bacon On Roll</p> <p>With or Without Cheese</p> <p>Italian Wedding</p>	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Grilled Chicken Mediterranean or Spinach Wrap</p> <p>1/2 Roast Beef On Roll</p> <p>With or Without Cheese</p> <p>Minestrone</p>	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Turkey Mediterranean or Spinach Wrap</p> <p>1/2 Italian Combo On Roll</p> <p>With or Without Cheese</p> <p>Clam Chowder</p>

\* **Pre-paid Lunch:** Be assured that your student receives a balanced lunch every day. We offer 4 different **Meal Deals** daily. To make an online payment, go to [www.guilford.k12.ct.us](http://www.guilford.k12.ct.us) and click on the payment link. It will take you to Rev Trak, our online payment system. Here you can pay with your credit or debit Visa, MasterCard or Discover Card.

Cycle 1 offering for  
Weeks: 02/20/2012  
03/19/2012  
04/16/2012  
05/14/2012  
06/11/2012

## A La Carte Menu

### Panini Specials \$4.50

**Mon. Tuna Melt**

**Tues. Grilled Vegetable w/ Mozzarella**

**Wed. Roast Beef & Cheese**

**Thurs. The Margherita Fresh Mozz, Tomato & Pesto**

**Fri. Buffalo Chicken with Bleu Cheese**

### Deli Specials \$4.00

(Deli Specials includes chips and Dill Pickle)

**Mon. Ham & Cheese Sub**

**Tues. Turkey & Cheese on Kaiser Roll**

**Wed. Grilled Chicken on Kaiser Roll**

**Thur. Tuna Salad on Kaiser Roll**

**Fri. Egg Salad on Kaiser Roll**

# Meal Deal

Nutritious Meals at a Great Price! \$3.10



Each meal includes: Entrée, Vegetable, Fruit, Bread and Milk

Look for the **Meal Deal** logo.

\*\*\*\* See pre-paid lunch details below! \*\*\*\*

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Wrap Sandwiches</b></p> 	<p>Spicy Chicken Regular Chicken Or Grilled Chicken Mediterranean Or Spinach Wrap</p> <p>Egg Salad On Kaiser Roll</p> <p>With or Without Cheese</p>	<p>Spicy Chicken Regular Chicken Or Turkey On Mediterranean Or Spinach Wrap</p> <p>Ham &amp; Cheese On Roll</p> <p>With or Without Cheese</p>	<p>Spicy Chicken Regular Chicken Or Grilled Chicken On Mediterranean Or Spinach Wrap</p> <p>Turkey On Kaiser Roll</p> <p>With or Without Cheese</p>	<p>Spicy Chicken Regular Chicken Or Turkey On Mediterranean Or Spinach Wrap</p> <p>Chicken Salad On Kaiser</p> <p>With or Without Cheese</p>	<p>Spicy Chicken Regular Chicken Or Grilled Chicken On Mediterranean Or Spinach Wrap</p> <p>Italian Combo on Kaiser</p> <p>With or Without Cheese</p>
<p><b>Soup &amp; 1/2 Wrap</b></p> 	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Grilled Chicken Mediterranean or Spinach Wrap</p> <p>1/2 Egg Salad On Kaiser Roll</p> <p>With or Without Cheese</p> <p>Tomato Soup</p>	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Turkey on Mediterranean or Tomato Wrap</p> <p>1/2 Ham &amp; Cheese On Roll</p> <p>With or Without Cheese</p> <p>Chicken Noodle</p>	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Grilled Chicken Mediterranean or Whole Wheat Wrap</p> <p>1/2 Turkey On Roll</p> <p>With or Without Cheese</p> <p>Tomato Florentine</p>	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Turkey Mediterranean or Spinach Wrap</p> <p>1/2 Chicken Salad On Roll</p> <p>With or Without Cheese</p> <p>Minestrone</p>	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Grilled Chicken Mediterranean or Spinach Wrap</p> <p>1/2 Italian Combo On Roll</p> <p>With or Without Cheese</p> <p>Clam Chowder</p>

\* **Pre-paid Lunch:** Be assured that your student receives a balanced lunch every day. We offer 4 different **Meal Deals** daily. To make an online payment, got to [www.guilford.k12.ct.us](http://www.guilford.k12.ct.us) and click on the payment link. It will take you to Rev Trak, our online payment system. Here you can pay with your credit or debit Visa, MasterCard or Discover Card.

Cycle 2 offering for

Weeks: 01/30/2012

02/27/2012

03/26/2012

04/23/2012

05/21/2012

A La Carte Menu

Panini Specials \$4.50

**Mon.** Ham & Cheese w/  
Roasted Pepper

**Tue.** Grilled Chicken  
Roasted Peppers &  
Provolone

**Wed.** The Margherita  
Fresh Mozz, Tomato &  
Pesto

**Thurs.** Chicken Pesto  
W/ Mozz

**Fri.** Turkey Bacon &  
Cheddar Cheese

Deli Specials \$4.00

(Deli Specials come with chips  
and Dill Pickle)

**Mon.** Turkey Bacon &  
Cheese

**Tue.** Italian Combo Sub

**Wed.** Chicken Salad On  
Roll

**Thur.** Ham & Cheese Sub

**Fri.** Roast Beef & Cheese  
On Kaiser Roll

# Meal Deal



Nutritious Meals at a Great Price! \$3.10



Each meal includes: Entrée, Vegetable, Fruit, Bread and Milk

Look for the **Meal Deal** logo.

\*\*\*\* See pre-paid lunch details below! \*\*\*\*

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Wrap Sandwiches</b></p> 	<p>Spicy Chicken Regular Chicken Or Turkey On Mediterranean Or Spinach Wrap</p> <p>Grilled Chicken On Roll</p> <p>With or Without Cheese</p>	<p>Spicy Chicken Regular Chicken Grilled Chicken On Mediterranean Or Tomato Wrap</p> <p>Tuna Salad On Roll</p> <p>With or Without Cheese</p>	<p>Spicy Chicken Regular Chicken Or Turkey On Mediterranean Or Whole Wheat Wrap</p> <p>Turkey, Bacon On Roll</p> <p>With or Without Cheese</p>	<p>Spicy Chicken Regular Chicken Or Grilled Chicken On Mediterranean Or Spinach Wrap</p> <p>Roast Beef On Roll</p> <p>With or Without Cheese</p>	<p>Spicy Chicken Regular Chicken Or Turkey On Mediterranean Or Spinach Wrap</p> <p>Italian Combo On Roll</p> <p>With or Without Cheese</p>
<p><b>Soup &amp; 1/2 Wrap</b></p> 	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Turkey Mediterranean or Spinach Wrap</p> <p>1/2 Grilled Chicken On Roll</p> <p>With or Without Cheese</p> <p>Tomato Soup</p>	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Grilled Chicken Mediterranean or Tomato Wrap</p> <p>1/2 Tuna Salad On Roll</p> <p>With or Without Cheese</p> <p>Chicken Noodle</p>	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Turkey Mediterranean or Whole Wheat Wrap</p> <p>1/2 Turkey Bacon On Roll</p> <p>With or Without Cheese</p> <p>Chicken Rice</p>	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Grilled Chicken Mediterranean or Spinach Wrap</p> <p>1/2 Roast Beef On Roll</p> <p>With or Without Cheese</p> <p>Minestrone</p>	<p>1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Turkey Mediterranean or Spinach Wrap</p> <p>1/2 Italian Combo On Roll</p> <p>With or Without Cheese</p> <p>Clam Chowder</p>

\* **Pre-paid Lunch:** Be assured that your student receives a balanced lunch every day. We offer 4 different **Meal Deals** daily. To make an online payment, go to [www.guilford.k12.ct.us](http://www.guilford.k12.ct.us) and click on the payment link. It will take you to Rev Trak, our online payment system. Here you can pay with your credit or debit Visa, MasterCard or Discover Card.

Cycle 3 offering for  
 Weeks: 02/06/2012  
 03/05/2012  
 04/02/2012  
 04/30/2012  
 05/28/2012

## A La Carte Menu

### Panini Specials

- Mon.** Tuna Melt
- Tues.** Grilled Vegetable w/Mozzarella
- Wed.** Roast Beef & Cheese
- Thurs.** The Margherita Fresh Mozz, Tomato & Pesto
- Fri.** Buffalo Chicken w/Bleu Cheese

### Deli Specials

- (Deli Specials come with chips and Dill Pickle)
- Mon.** Ham & Cheese Sub
  - Tues.** Turkey & Cheese on Kaiser
  - Wed.** Grilled Chicken on Kaiser Roll
  - Thur.** Tuna Salad on Kaiser Roll
  - Fri.** Egg Salad on Kaiser Roll

# Meal Deal

Nutritious Meals at a Great Price! \$3.10



Each meal includes: Entrée, Vegetable, Fruit, Bread and Milk

Look for the **Meal Deal** logo.

\*\*\*\* See pre-paid lunch details below! \*\*\*\*

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Wrap Sandwiches</b> 	Spicy Chicken Regular Chicken Or Grilled Chicken Mediterranean Or Spinach Wrap  Egg Salad On Kaiser Roll  With or Without Cheese	Spicy Chicken Regular Chicken Or Turkey On Mediterranean Or Spinach Wrap  Ham & Cheese On Roll  With or Without Cheese	Spicy Chicken Regular Chicken Or Grilled Chicken On Mediterranean Or Spinach Wrap  Turkey On Kaiser Roll  With or Without Cheese	Spicy Chicken Regular Chicken Or Turkey On Mediterranean Or Spinach Wrap  Chicken Salad On Kaiser  With or Without Cheese	Spicy Chicken Regular Chicken Or Grilled Chicken On Mediterranean Or Spinach Wrap  Italian Combo on Kaiser  With or Without Cheese
<b>Soup &amp; 1/2 Wrap</b> 	1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Grilled Chicken Mediterranean or Spinach Wrap  1/2 Egg Salad On Kaiser Roll  With or Without Cheese  Tomato Soup	1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Turkey on Mediterranean or Tomato Wrap  1/2 Ham & Cheese On Roll  With or Without Cheese  Chicken Noodle	1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Grilled Chicken Mediterranean or Whole Wheat Wrap  1/2 Turkey On Roll  With or Without Cheese  Chicken Rice	1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Turkey Mediterranean or Spinach Wrap  1/2 Chicken Salad On Roll  With or Without Cheese  Minestrone	1/2 Spicy Chicken 1/2 Regular Chicken 1/2 Grilled Chicken Mediterranean or Spinach Wrap  1/2 Italian Combo On Roll  With or Without Cheese  Clam Chowder

\* **Pre-paid Lunch:** Be assured that your student receives a balanced lunch every day. We offer 4 different **Meal Deals** daily. To make an online payment, got to [www.guilford.k12.ct.us](http://www.guilford.k12.ct.us) and click on the payment link. It will take you to Rev Trak, our online payment system. Here you can pay with your credit or debit Visa, MasterCard or Discover Card.

Cycle 4 offering for  
 Weeks: 02/13/2012  
 03/12/2012  
 04/09/2012  
 05/07/2012  
 06/04/2012

## A La Carte Menu

### Panini Specials

**Mon.** Ham & Cheese w/Roasted Peppers

**Tue.** Grilled Chicken Roasted Peppers & Provolone

**Wed.** The Margherita Fresh Mozz, Tomato & Pesto

**Thurs.** Chicken Pesto w/Mozzarella

**Fri.** Ham, Cheese & Tomato

### Deli Specials

(Deli Specials come with chips and Dill Pickle)

**Mon.** Turkey Bacon & Cheese

**Tue.** Italian Combo Sub

**Wed.** Chicken Salad On Kaiser Roll

**Thur.** Ham & Cheese Sub

**Fri.** Roast Beef On Kaiser Roll