

Meal Deal



Nutritious Meals at a Great Price! \$2.65



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>Wrap Sandwiches</p> 	<p>Spicy or Regular Chicken Tenders On Mediterranean or Spinach Wrap</p> <p>Grilled Chicken On Roll</p> <p>With or Without Cheese</p>	<p>Spicy or Regular Chicken Tenders on Mediterranean or Tomato Wrap</p> <p>Tuna Salad On Roll</p> <p>With or Without Cheese</p>	<p>Spicy or Regular Chicken Tenders on Mediterranean or Whole Wheat Wrap</p> <p>Roast Beef On Roll</p> <p>With or Without Cheese</p>	<p>Spicy or Regular Chicken Tenders on Mediterranean or Spinach Wrap</p> <p>Turkey On Roll</p> <p>With or Without Cheese</p>	<p>Spicy or Regular Chicken Tenders on Mediterranean or Spinach Wrap</p> <p>Italian Combo On Roll</p> <p>With or Without Cheese</p>
<p>Soup & 1/2 Wrap</p> 	<p>1/2 Spicy or Regular Chicken Tenders on 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 or Regular Chicken Tenders on 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 or Regular Chicken Tenders on Mediterranean or Whole Wheat Wrap</p> <p>1/2 Roast Beef On Roll</p> <p>With or Without Cheese</p> <p>Italian Wedding</p>	<p>1/2 Spicy or Regular Chicken Tenders on Mediterranean or Spinach Wrap</p> <p>1/2 Turkey On Roll</p> <p>With or Without Cheese</p> <p>Minestrone</p>	<p>1/2 Spicy or Regular Chicken Tenders on 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 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: 01/23/2012
 02/20/2012
 03/19/2012
 04/16/2012
 05/14/2012
 06/11/2012

A La Carte Menu

Soups

Small .90 Large \$1.35

Mon: Tomato

Tues: Chicken Noodle

Wed: Chicken Rice

Thurs: Minestrone

Fri: Clam Chowder

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<p>Soup & 1/2 Wrap</p> 	<p>1/2 Spicy or Regular Chicken Tenders on Mediterranean or Spinach Wrap</p> <p>1/2 Turkey On Roll</p> <p>With or Without Cheese</p> <p>Tomato Soup</p>	<p>1/2 Spicy or Regular Chicken Tenders on Mediterranean or Tomato Wrap</p> <p>1/2 Ham & Cheese On Roll</p> <p>With or Without Cheese</p> <p>Chicken Noodle</p>	<p>1/2 Spicy or Regular Chicken Tenders on Mediterranean or Whole Wheat Wrap</p> <p>1/2 Egg Salad On Roll</p> <p>With or Without Cheese</p> <p>Italian Wedding</p>	<p>1/2 Spicy or Regular Chicken Tenders on 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 or Regular Chicken Tenders on Mediterranean or Spinach Wrap</p> <p>1/2 Italian Combo On Roll</p> <p>With or Without Cheese</p> <p>Clam Chowder</p>

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Cycle 2 offering for
 Weeks: 01/30/2012
 02/27/2012
 03/26/2012
 04/23/2012
 05/21/2012

A La Carte Menu

Soups

Small .90 Large \$1.35

Mon: Tomato

Tues: Chicken Noodle

Wed: Chicken Rice

Thurs: Minestrone

Fri: Clam Chowder

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

A La Carte Menu

Soups

Small .90 Large \$1.35

Mon: Tomato

Tues: Chicken Noodle

Wed: Chicken Rice

Thurs: Minestrone

Fri: Clam Chowder

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

A La Carte Menu

Soups

Small .90 Large \$1.35

Mon: Tomato

Tues: Chicken Noodle

Wed: Chicken Rice

Thurs: Minestrone

Fri: Clam Chowder