

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 |
|--|---|--|---|---|---|
| Main Fare  | Grilled Cheese w/Tomato Soup Homemade Pizza Cheese or Pepperoni Carrot Sticks Fresh Fruit Milk | Cheeseburger or Hamburger on Whole Wheat Bun w/Oven Fries Chicken Patty w/Whole Wheat Bun Pasta Salad w/Veggies Fresh Fruit Milk | Stuffed Shells w/Garlic Stick Rib-Q on Whole Wheat Bun Tossed Salad Fresh Fruit Milk | Tacos w/Brown Rice and the Fixings Teriyaki Strips over Brown Rice Corn Fresh Fruit Milk | Meatball Sub on a Whole Wheat Roll French Bread Pizza Broccoli Fresh Fruit Milk |
| To Go Salads  | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk |

* **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:
02/20/2012

03/19/2012

04/16/2012

05/14/2012

06/11/2012

A La Carte Menu Daily Special

Large Garden Salad \$3.45

Small Garden Salad \$2.00

Pizza By The Slice \$1.75

Soups

Small .90 Large \$1.35

Mon: Tomato

Tues: Chicken Noodle

Wed: Italian Wedding

Thurs: Minestrone

Fri: Clam Chowder

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| Main Fare  | Grilled Cheese w/Tomato Soup Homemade Pizza Cheese or Sausage Carrot Sticks Fresh Fruit Milk | Cheeseburger or Hamburger on Whole Wheat Bun w/Oven Fries Chicken Teriyaki Patty on Whole Wheat Roll Mixed Veggies Fresh Fruit Milk | Mac & Cheese w/Breadstick Homemade Breaded Chicken Thighs w/Breadstick Tossed Salad Fresh Fruit Milk | Tacos w/Brown Rice and the Fixings General Tao's Chicken w/Brown Rice & Corn Fresh Fruit Milk | Chicken Parmesan on a Kaiser Roll Cheese Stuffed Bosco Stick w/Sauce Tossed Salad Fresh Fruit Milk |
| To Go Salads  | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk |

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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 Daily Special

Large Garden Salad \$3.45

Small Garden Salad \$2.00

Pizza By The Slice \$1.75

Soups

Small .90 Large \$1.35

Mon: Tomato

Tues: Chicken Noodle

Wed: Tomato Florentine

Thurs: Minestrone

Fri: Clam Chowder

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| Main Fare  | Grilled Cheese w/Tomato Soup Homemade Pizza Cheese or Bacon Carrot Sticks Fresh Fruit Milk | Cheeseburger or Hamburger on Whole Wheat Bun w/Oven Fries Chicken Nuggets w/Dinner Roll Green Beans Fresh Fruit Milk | Ravioli w/Dinner Roll Chicken Tenders (Reg or Spicy) w/Roll Tossed Salad Fresh Fruit Milk | Tacos w/Brown Rice and the Fixings Cheese Quesadilla Rice & Corn Fresh Fruit Milk | Steak & Cheese Sub Cheese Stuffed Crust Pizza Grilled Veggies Fresh Fruit Milk |
| To Go Salads  | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk |

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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 Daily Special

Large Garden Salad \$3.45

Small Garden Salad \$2.00

Pizza By The Slice \$1.75

Soups

Small .90 Large \$1.35

Mon: Tomato

Tues: Chicken Noodle

Wed: Chicken Rice

Thurs: Minestrone

Fri: Clam Chowder

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| Main Fare  | Grilled Cheese w/Tomato Soup Homemade Pizza Cheese or Veggie Carrot Sticks Fresh Fruit Milk | Cheeseburger or Hamburger on Whole Wheat Bun w/Oven Fries Turkey Corn Dogs Pasta Salad w/Veggies Fresh Fruit Milk | Lasagna Roll w/Dinner Roll Grilled Chicken w/Bacon & Cheese On Wheat Bun Tossed Salad Fresh Fruit Milk | Tacos w/Brown Rice and the Fixings Homemade Season Chicken Breast Over Brown Rice Corn Fresh Fruit Milk | Chicken Parmesan on Kaiser Roll Cheese Calzone w/Sauce Cup Tossed Salad Fresh Fruit Milk |
| To Go Salads  | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk | Small Garden Salad w/Fresh Veggies & Choice of Protein Large Garden Salad w/Choice of Protein Whole Wheat Bread or Roll Milk |

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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 Daily Special

Large Garden Salad \$3.45

Small Garden Salad \$2.00

Pizza By The Slice \$1.75

Soups

Small .90 Large \$1.35

Mon: Tomato

Tues: Chicken Noodle

Wed: Chicken Rice

Thurs: Minestrone

Fri: Clam Chowder