

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
Main Fare 	Grilled Cheese w/Tomato Soup Chicken Patty w/Whole Wheat Bun Carrot Sticks Fresh Fruit Milk	Cheeseburger or Hamburger on Whole Wheat Bun w/Oven Fries Homemade Pizza Cheese or Pepperoni 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/Grilled Chicken Whole Wheat Bread or Roll Milk	Small Garden Salad w/Fresh Veggies Choice Of Protein Large Garden Salad w/Tuna Salad Whole Wheat Bread or Roll Milk	Small Garden Salad w/Fresh Veggies Choice Of Protein Large Garden Salad w/Spicy Chicken Tenders Whole Wheat Bread or Roll Milk	Small Garden Salad w/Fresh Veggies Choice Of Protein Large Garden Salad w/ Chicken Teriyaki Strips Whole Wheat Bread or Roll Milk	Small Garden Salad w/Fresh Veggies Choice Of Protein Large Garden Salad w/ Chicken Tenders 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:

01/23/2012

02/20/2012

03/19/2012

04/16/2012

05/14/2012

06/11/2012

Soups

Mon: Tomato

Tues: Chicken Noodle

Wed: Italian Wedding

Thurs: Minestrone

Fri: Clam Chowder

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Main Fare 	Grilled Cheese w/Tomato Soup French Toast w/Sausage Link Carrot Sticks Fresh Fruit Milk	Cheeseburger or Hamburger on Whole Wheat Bun w/Oven Fries Homemade Pizza Cheese or Sausage Mixed Veggies Fresh Fruit Milk	Mac & Cheese w/Breadstick Homemade Breaded Chicken Thighs w/Breadstick or Chicken Teriyaki 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/Grilled Chicken Whole Wheat Bread or Roll Milk	Small Garden Salad w/Fresh Veggies Choice Of Protein Large Garden Salad w/Spicy Chicken Tenders Whole Wheat Bread or Roll Milk	Small Garden Salad w/Fresh Veggies Choice Of Protein Large Garden Salad w/Egg Salad Whole Wheat Bread or Roll Milk	Small Garden Salad w/Fresh Veggies Choice Of Protein Large Garden Salad w/ Chicken Salad Whole Wheat Bread or Roll Milk	Small Garden Salad w/Fresh Veggies Choice Of Protein Large Garden Salad /Chicken Tenders 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

Soups

Mon: Tomato

Tues: Chicken Noodle

Wed: Chicken Rice

Thurs: Minestrone

Fri: Clam Chowder

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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Fare 	Grilled Cheese w/Tomato Soup Chicken Nuggets w/Dinner Roll Carrot Sticks Fresh Fruit Milk	Cheeseburger or Hamburger on Whole Wheat Bun w/Oven Fries Homemade Pizza Cheese or Bacon Green Beans Fresh Fruit Milk	Ziti With Meatball and Homemade Marinara Sauce Chicken Tenders (Reg or Spicy) w/Roll Tossed Salad Fresh Fruit Milk	Tacos w/Brown Rice and the Fixings Cheese Quesada 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/Grilled Chicken Whole Wheat Bread or Roll Milk	Small Garden Salad w/Fresh Veggies Choice Of Protein Large Garden Salad w/Tuna Salad Whole Wheat Bread or Roll Milk	Small Garden Salad w/Fresh Veggies Choice Of Protein Large Garden Salad w/Spicy Chicken Tenders Whole Wheat Bread or Roll Milk	Small Garden Salad w/Fresh Veggies Choice Of Protein Large Garden Salad w/ Grilled Chicken Whole Wheat Bread or Roll Milk	Small Garden Salad w/Fresh Veggies Choice Of Protein Large Garden Salad w/ Chicken Tenders 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

Soups

Mon: Tomato

Tues: Chicken Noodle

Wed: Chicken Rice

Thurs: Minestrone

Fri: Clam Chowder

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Main Fare 	Grilled Cheese w/Tomato Soup	Cheeseburger or Hamburger on Whole Wheat Bun w/Oven Fries	Lasagna Roll w/Dinner Roll	Tacos w/Brown Rice and the Fixings	Egg & Cheese w/Bacon or Sausage on English Muffin
	Turkey Corn Dogs	Homemade Pizza Cheese or Veggie	Grilled Chicken w/Bacon & Cheese Wheat Bun	Homemade Honey BBQ Chicken Breast Over Brown Rice	Cheese Calzone w/Sauce Cup
	Carrot Sticks Fresh Fruit Milk	Pasta Salad w/Veggies Fresh Fruit Milk	Tossed Salad Fresh Fruit Milk	Corn Fresh Fruit Milk	Tossed Salad Fresh Fruit Milk
To Go Salads 	Small Garden Salad w/Fresh Veggies Choice Of Protein	Small Garden Salad w/Fresh Veggies Choice Of Protein	Small Garden Salad w/Fresh Veggies Choice Of Protein	Small Garden Salad w/Fresh Veggies Choice Of Protein	Small Garden Salad w/Fresh Veggies Choice Of Protein
	Large Garden Salad w/Grilled Chicken	Large Garden Salad w/ Spicy Tenders	Large Garden Salad w/Egg Salad	Large Garden Salad w/ Chicken Salad	Large Garden Salad w/ Chicken Tenders
	Whole Wheat Bread or Roll Milk	Whole Wheat Bread or Roll Milk	Whole Wheat Bread or Roll Milk	Whole Wheat Bread or Roll Milk	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

Soups

Mon: Tomato

Tues: Chicken Noodle

Wed: Chicken Rice

Thurs: Minestrone

Fri: Clam Chowder