

**MERIDEN HIGH SCHOOL MENU
DECEMBER 2009**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAVE YOU COMPLETED YOUR LUNCH APPLICATION?</p> <p>Free & reduced price breakfasts and lunches are provided to those who qualify. A new application for each family must be completed each year. Applications can be obtained from the school office or from our website, www.meriden.k12.ct.us. Please call 203-630-4166 if you have any questions.</p>	<p>Meal Prices: Breakfast: \$1.25 Lunch: \$2.75 Milk: \$.40</p>			
	12/1	12/2	12/3	12/4
	BAKED TOSTITO SCOOPS W/TACO MEAT & CHEESE OR ASSORTED HOT OR DELI SANDWICHES RICE & BEANS MIXED VEGETABLES SEASONAL FRUITS AND JUICES COOL MILK CHOICES	ZITI W/ASSORTED SAUCES AND GARLIC BREAD OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/DRESSING SEASONAL FRUITS AND JUICES COOL MILK CHOICES	CHICKEN NUGGETS OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES CORN SEASONAL FRUITS AND JUICES COOL MILK CHOICES	HOMEMADE STROMBOLI OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES
12/7	12/8	12/9	12/10	12/11
MOZZARELLA & WHOLE WHEAT BREADSTICKS W/MARINARA SAUCE OR ASSORTED HOT OR DELI SANDWICHES BROCCOLI FLORETS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	ORANGE GLAZED POPCORN CHICKEN OR ASSORTED HOT OR DELI SANDWICHES PARSLIED RICE ORIENTAL BLEND VEGETABLES SEASONAL FRUITS AND JUICES COOL MILK CHOICES	MEATBALL GRINDER OR ASSORTED HOT OR DELI SANDWICHES BAKED POTATO WEDGES SLICED CARROTS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	CHICKEN NUGGETS W/ A DINNER ROLL OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES MIXED VEGETABLES SEASONAL FRUITS AND JUICES COOL MILK CHOICES	HOMEMADE PIZZA OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES
12/14	12/15	12/16	12/17	12/18
CHICKEN PATTY ON A ROLL OR ASSORTED HOT OR DELI SANDWICHES POTATO WEDGES PEAS ASSORTED FRUITS AND JUICES COOL MILK CHOICES	QUESIDILLAS OR ASSORTED HOT OR DELI SANDWICHES RICE & BEANS BROCCOLI FLORETS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	ZITI W/ASSORTED SAUCES AND GARLIC BREAD OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/DRESSING SEASONAL FRUITS AND JUICES COOL MILK CHOICES	CHICKEN NUGGETS OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES CORN SEASONAL FRUITS AND JUICES COOL MILK CHOICES	HOMEMADE STROMBOLI OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES
12/21	12/22	12/23		
STEAK & CHEESE GRINDER OR ASSORTED HOT OR DELI SANDWICHES POTATO WEDGES PEAS ASSORTED FRUITS AND JUICES COOL MILK CHOICES	MOZZARELLA & WHOLE WHEAT BREADSTICKS W/MARINARA SAUCE OR ASSORTED HOT OR DELI SANDWICHES BROCCOLI FLORETS ASSORTED FRUITS AND JUICES COOL MILK CHOICES	CHICKEN NUGGETS W/ A DINNER ROLL OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES SLICED CARROTS ASSORTED FRUITS AND JUICES COOL MILK CHOICES		

Our menus follow the dietary guidelines for reducing fat, salt, and sugar while increasing whole grains, fruits and vegetables. Menus are subject to change without notice.

DID YOU KNOW THAT BREAKFAST IS NOW AVAILABLE FOR \$1.25, \$.30 FOR REDUCED PRICED STUDENTS OR FREE FOR THOSE WHO QUALIFY?