

**MERIDEN HIGH SCHOOL MENU
MARCH 2009**

Monday	Tuesday	Wednesday	Thursday	Friday
3/2 HOT AND SPICY CHICKEN TENDERS OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES GREEN BEANS ASSORTED FRUITS AND JUICES COOL MILK CHOICES	3/3 QUESIDILLAS OR ASSORTED HOT OR DELI SANDWICHES RICE & BEANS CORN SEASONAL FRUITS AND JUICES COOL MILK CHOICES	3/4 MOZZARELLA & WHOLE WHEAT BREADSTICKS W/MARINARA SAUCE OR ASSORTED HOT OR DELI SANDWICHES BROCCOLI FLORETS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	3/5 CHICKEN NUGGETS W/ A DINNER ROLL OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES SLICED CARROTS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	3/6 HOMEMADE STROMBOLI OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES
3/9 CHICKEN PATTY ON A ROLL OR ASSORTED HOT OR DELI SANDWICHES POTATO WEDGES MIXED VEGETABLES ASSORTED FRUITS AND JUICES COOL MILK CHOICES	3/10 GARLIC FRENCH BREAD PIZZA OR ASSORTED HOT OR DELI SANDWICHES TATER TOTS BROCCOLI ASSORTED FRUIT AND JUICES COOL MILK CHOICES	3/11 ZITI W/ASSORTED SAUCES AND GARLIC BREAD OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/DRESSING SEASONAL FRUITS AND JUICES COOL MILK CHOICES	3/12 CHICKEN NUGGETS OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES CORN SEASONAL FRUITS AND JUCIES COOL MILK CHOICES	3/13 HOMEMADE PIZZA OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES
3/16 MOZZARELLA & WHOLE WHEAT BREADSTICKS W/MARINARA SAUCE OR ASSORTED HOT OR DELI SANDWICHES BROCCOLI FLORETS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	3/17 STEAK AND CHEESE GRINDER OR ASSORTED HOT OR DELI SANDWICHES POTATO WEDGES SLICED CARROTS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	3/18 BEEF & CHEESE NACHO SCOOPS OR ASSORTED HOT OR DELI SANDWICHES RICE & BEANS GREEN BEANS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	3/19 CHICKEN NUGGETS W/ A DINNER ROLL OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES MIXED VEGETABLES SEASONAL FRUITS AND JUICES COOL MILK CHOICES	3/20 HOMEMADE STROMBOLI OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES
3/23 CHICKEN PATTY ON A ROLL OR ASSORTED HOT OR DELI SANDWICHES POTATO WEDGES MIXED VEGETABLES ASSORTED FRUITS AND JUICES COOL MILK CHOICES	3/24 HOMEMADE CALZONES OR ASSORTED HOT OR DELI SANDWICHES BROCCOLI FLORETS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	3/25 ZITI W/ASSORTED SAUCES AND GARLIC BREAD OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/DRESSING SEASONAL FRUITS AND JUICES COOL MILK CHOICES	3/26 CHICKEN NUGGETS OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES CORN SEASONAL FRUITS AND JUCIES COOL MILK CHOICES	3/27 HOMEMADE PIZZA OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES
3/30 QUESIDILLAS OR ASSORTED HOT OR DELI SANDWICHES RICE & BEANS CORN SEASONAL FRUITS AND JUICES COOL MILK CHOICES	3/31 ORANGE GLAZED POPCORN CHICKEN OR ASSORTED HOT OR DELI SANDWICHES PARSLIED RICE ORIENTAL BLEND VEGETABLES SEASONAL 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.