

**MERIDEN HIGH SCHOOL MENU  
OCTOBER 2009**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>HAVE YOU COMPLETED YOUR LUNCH APPLICATION?</b></p> <p>Free &amp; 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, <a href="http://www.meriden.k12.ct.us">www.meriden.k12.ct.us</a>. Please call 203-630-4166 if you have any questions.</p>	<p align="center"><b>Meal Prices:</b> Breakfast: \$1.25 Lunch: \$2.75 Milk: \$.40</p>		<p align="right"><b>10/1</b></p> <p>CHICKEN NUGGETS W/ A DINNER ROLL <b>OR</b> ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES SLICED CARROTS SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p>	<p align="right"><b>10/2</b></p> <p>HOMEMADE STROMBOLI <b>OR</b> ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES</p>
<p align="right"><b>10/5</b></p> <p>MEATBALL GRINDER <b>OR</b> ASSORTED HOT OR DELI SANDWICHES POTATO WEDGES GREEN BEANS SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p>	<p align="right"><b>10/6</b></p> <p>ORANGE GLAZED POPCORN CHICKEN <b>OR</b> ASSORTED HOT OR DELI SANDWICHES PARSLIED RICE ORIENTAL BLEND VEGETABLES SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p>	<p align="right"><b>10/7</b></p> <p>MOZZARELLA &amp; WHOLE WHEAT BREADSTICKS W/MARINARA SAUCE <b>OR</b> ASSORTED HOT OR DELI SANDWICHES BROCCOLI FLORETS SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p>	<p align="right"><b>10/8</b></p> <p>CHICKEN NUGGETS <b>OR</b> ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES CORN SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p>	<p align="center"><b>NO SCHOOL</b></p> <p align="center"><b>PROFESSIONAL DEVELOPMENT DAY</b></p>
<p align="right"><b>10/12</b></p> <p align="center"><b>NO SCHOOL</b></p> <p align="center"><b>COLUMBUS DAY</b></p>	<p align="right"><b>10/13</b></p> <p>BAKED TOSTITO SCOOPS W/TACO MEAT &amp; CHEESE <b>OR</b> ASSORTED HOT OR DELI SANDWICHES RICE &amp; BEANS CORN SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p> <p align="center"><b>NATIONAL</b></p>	<p align="right"><b>10/14</b></p> <p>ZITI W/ASSORTED SAUCES AND GARLIC BREAD <b>OR</b> ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/DRESSING SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p> <p align="center"><b>SCHOOL</b></p>	<p align="right"><b>10/15</b></p> <p>CHICKEN NUGGETS W/ A DINNER ROLL <b>OR</b> ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES MIXED VEGETABLES SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p> <p align="center"><b>LUNCH</b></p>	<p align="right"><b>10/16</b></p> <p>HOMEMADE STROMBOLI <b>OR</b> ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES</p> <p align="center"><b>WEEK</b></p>
<p align="right"><b>10/19</b></p> <p>CHICKEN PATTY ON A ROLL <b>OR</b> ASSORTED HOT OR DELI SANDWICHES POTATO WEDGES PEAS ASSORTED FRUITS AND JUICES COOL MILK CHOICES</p>	<p align="right"><b>10/20</b></p> <p>QUESIDILLAS <b>OR</b> ASSORTED HOT OR DELI SANDWICHES RICE &amp; BEANS BROCCOLI FLORETS SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p>	<p align="right"><b>10/21</b></p> <p>TERIYAKI DIPPERS <b>OR</b> ASSORTED HOT OR DELI SANDWICHES PARSLIED RICE SLICED CARROTS SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p>	<p align="right"><b>10/22</b></p> <p>CHICKEN NUGGETS <b>OR</b> ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES CORN SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p>	<p align="right"><b>10/23</b></p> <p>HOMEMADE PIZZA <b>OR</b> ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES</p>
<p align="right"><b>10/26</b></p> <p>MOZZARELLA &amp; WHOLE WHEAT BREADSTICKS W/MARINARA SAUCE <b>OR</b> ASSORTED HOT OR DELI SANDWICHES BROCCOLI FLORETS ASSORTED FRUITS AND JUICES COOL MILK CHOICES</p>	<p align="right"><b>10/27</b></p> <p>STEAK &amp; CHEESE GRINDER <b>OR</b> ASSORTED HOT OR DELI SANDWICHES POTATO WEDGES PEAS SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p>	<p align="right"><b>10/28</b></p> <p>ZITI W/ASSORTED SAUCES AND GARLIC BREAD <b>OR</b> ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/DRESSING SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p>	<p align="right"><b>10/29</b></p> <p>CHICKEN NUGGETS W/ A DINNER ROLL <b>OR</b> ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES SLICED CARROTS SEASONAL FRUITS AND JUICES COOL MILK CHOICES</p>	<p align="right"><b>10/30</b></p> <p>HOMEMADE STROMBOLI <b>OR</b> ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES</p>

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?**