

**MERIDEN HIGH SCHOOL MENU
AUGUST/SEPTEMBER 2010**

Monday	Tuesday	Wednesday	Thursday	Friday
8/30 CHICKEN PATTY ON A ROLL OR ASSORTED HOT OR DELI SANDWICHES BAKED POTATO WEDGES CELERY & CARROT STICKS W/RANCH DIP ASSORTED FRUITS AND JUICES COOL MILK CHOICES	8/31 MOZZARELLA & WHOLE WHEAT BREADSTICKS W/MARINARA SAUCE OR ASSORTED HOT OR DELI SANDWICHES BROCCOLI FLORETS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/1 ZITI W/ASSORTED SAUCES AND GARLIC BREAD OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/DRESSING SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/2 CHICKEN NUGGETS OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES CORN SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/3 HOMEMADE STROMBOLI OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES
9/6 NO SCHOOL LABOR DAY	9/7 ORANGE GLAZED POPCORN CHICKEN OR ASSORTED HOT OR DELI SANDWICHES BROWN RICE ORIENTAL BLEND VEGETABLE SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/8 BAKED TOSTITO SCOOPS W/TACO MEAT & CHEESE OR ASSORTED HOT OR DELI SANDWICHES BROWN RICE & BEANS SLICED CARROTS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/9 CHICKEN NUGGETS WITH A WHOLE WHEAT DINNER ROLL OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES BROCCOLI FLORETS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/10 HOMEMADE PIZZA OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES
9/13 QUESIDILLAS OR ASSORTED HOT OR DELI SANDWICHES BROWN RICE & BEANS MIXED VEGETABLES SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/14 LOADED BAKED POTATO STRIPS OR ASSORTED HOT OR DELI SANDWICHES BROCCOLI FLORETS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/15 ZITI W/ASSORTED SAUCES AND GARLIC BREAD OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/DRESSING SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/16 CHICKEN NUGGETS OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES CORN SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/17 HOMEMADE STROMBOLI OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES
9/20 CHICKEN PATTY ON A ROLL OR ASSORTED HOT OR DELI SANDWICHES BAKED POTATO WEDGES CELERY & CARROT STICKS WITH RANCH DIP SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/21 MOZZARELLA & WHOLE WHEAT BREADSTICKS W/MARINARA SAUCE OR ASSORTED HOT OR DELI SANDWICHES BROCCOLI FLORETS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/22 MEATBALL GRINDER OR ASSORTED HOT OR DELI SANDWICHES BAKED POTATO WEDGES GREEN BEANS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/23 CHICKEN NUGGETS WITH A WHOLE WHEAT DINNER ROLL OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES SLICED CARROTS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/24 HOMEMADE PIZZA OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/ ITALIAN DRESSING ASSORTED FRUITS AND JUICES COOL MILK CHOICES
9/27 OVEN FRIED CHICKEN WITH A WHOLE WHEAT DINNER ROLL OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES GREEN BEANS SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/28 STEAK & CHEESE GRINDER OR ASSORTED HOT OR DELI SANDWICHES BAKED POTATO WEDGES BROCCOLI FLORETS ASSORTED FRUITS AND JUICES COOL MILK CHOICES	9/29 ZITI W/ASSORTED SAUCES AND GARLIC BREAD OR ASSORTED HOT OR DELI SANDWICHES TOSSED SALAD W/DRESSING SEASONAL FRUITS AND JUICES COOL MILK CHOICES	9/30 CHICKEN NUGGETS OR ASSORTED HOT OR DELI SANDWICHES MASHED POTATOES CORN SEASONAL FRUITS AND JUICES COOL MILK CHOICES	HAVE YOU COMPLETED YOUR LUNCH APPLICATION? 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.

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, \$0.30 FOR REDUCED PRICED STUDENTS OR FREE FOR THOSE WHO QUALIFY?