

NORTH PUTNAM MIDDLE SCHOOL 2017



A GRILLED CHICKEN SANDWICH WILL BE SERVED DAILY AS THE OTHER ENTRÉE CHOICE.

MENUS ARE SUBJECT TO CHANGE WITH-OUT NOTICE !

<p>MONDAY 2</p> <p>CHICKEN STRIPS BREAD STICK CHEESE POTATOES VARIETY OF FRUITS/VEGGIES LETTUCE SALAD</p> <p>MILK</p>	<p>TUESDAY 3</p> <p>COUNTRY FRIED STEAK ROLL MASHED POTATOES GREEN BEANS VARIETY OF FRUITS/VEGGIES LETTUCE SALAD</p> <p>MILK</p>	<p>WEDNESDAY 4</p> <p>CHEESEBURGER TATOR TOTS STEAMED CARROTS VARIETY OF FRUITS/VEGGIES SLICED TOMATO LETTUCE SALAD</p> <p>MILK</p>	<p>THURSDAY 5</p> <p>CHICKEN FAJITA FLOUR TORTILLA SALSA/SOUR CREAM GREEN PEPPERS CORN/REFRIED BEANS VARIETY OF FRUITS/VEGGIES LETTUCE SALAD</p> <p>MILK</p>	<p>FRIDAY 6</p> <p>BBQ RIB SANDWICH BAKED CHIPS STEAMED PEAS VARIETY OF FRUITS/VEGGIES LETTUCE SALAD PUDDING</p> <p>MILK</p>	<p>DAILY BREAKFAST FRESH OR CANNED FRUIT FAT FREE AND SKIM MILK CEREAL/CHEESE STICK LUNCH FRESH OR CANNED FRUIT LETTUCE SALAD FAT FREE AND SKIM MILK</p> <p>NEWS ALL STUDENTS HAVE TO TAKE 3 OF THE 5 COMPONENTS TO MAKE A REIMBURSABLE MEAL AND ONE OF THOSE COMPONENTS HAS TO BE A FRUIT OR A VEGETABLE.</p> <p>MENUS OUR MENU HAS BEEN PLANNED TO MEET NEW FEDERAL REGULATIONS INCLUDING AGE GROUPS AND PORTION SIZES. OVER THE COURSE OF EACH WEEK, OUR MENUS MEET CALORIE, SODIUM MEAT/MEAT ALTERNATE AND GRAIN RANGES. THE MENUS ALSO MEET THE VEGETABLE SUB GROUPS.</p> <p>PRICES STUDENT BREAKFAST \$1.75 STUDENT REDUCED BREAKFAST \$.30 STUDENT LUNCH \$2.90 STUDENT REDUCED LUNCH \$.40 ADULT BREAKFAST \$2.10 ADULT LUNCH 3.60</p> <p>APPLICATIONS FOR FREE AND REDUCED MEALS ARE AVAILABLE AT ANY TIME DURING THE SCHOOL YEAR.</p>
<p>MONDAY 9</p> <p>PHILLY BEEF SANDWICH CHEESE SAUCE POTATO SMILES GREEN PEPPERS VARIETY OF FRUITS/VEGGIES LETTUCE SALAD</p> <p>MILK</p>	<p>TUESDAY 10</p> <p>PARENT/TEACHER CONFERENCE NO SCHOOL!</p>	<p>WEDNESDAY 11</p> <p>SUB SANDWICH TORTILLA CHIPS BLACK BEAN SALSA VARIETY OF FRUITS/VEGGIES LETTUCE SALAD</p> <p>MILK</p>	<p>THURSDAY 12</p> <p>BUILD A ORIENTAL BOWL SWEET AND SOUR CHICKEN TERIYAKI CHICKEN VEGETABLE EGG ROLL STEAMED ORIENTAL VEGGIES RICE VARIETY OF FRUITS/VEGGIES LETTUCE SALAD</p> <p>MILK</p>	<p>FRIDAY 13</p> <p>PIZZA CORN VARIETY OF FRUITS/VEGGIES LETTUCE SALAD COTTAGE CHEESE</p> <p>MILK</p>	
<p>MONDAY 16</p> <p>NO SCHOOL!</p>	<p>TUESDAY 17</p> <p>NO SCHOOL!</p>	<p>WEDNESDAY 18</p> <p>FALL BREAK!</p>	<p>THURSDAY 19</p> <p>NO SCHOOL!</p>	<p>FRIDAY 20</p> <p>NO SCHOOL!</p>	
<p>MONDAY 23</p> <p>CHICKEN NUGGETS MACARONI AND CHEESE STEAMED CARROTS VARIETY OF FRUITS/VEGGIES LETTUCE SALAD</p> <p>MILK</p>	<p>TUESDAY 24</p> <p>BREAKFAST FOR LUNCH FRENCH TOAST STICKS SCRAMBLED EGG MIX HASH BROWN CINNAMON APPLES VARIETY OF FRUITS/VEGGIES LETTUCE SALAD</p> <p>MILK</p>	<p>WEDNESDAY 25</p> <p>SLOPPY JOE SANDWICH POTATO WEDGES STEAMED CALIFORNIA BLEND VARIETY OF FRUITS/VEGGIES LETTUCE SALAD</p> <p>MILK</p>	<p>THURSDAY 26</p> <p>CHICKEN ALFREDO GARLIC BREAD STEAMED PEAS VARIETY OF FRUITS/VEGGIES</p> <p>MILK</p>	<p>FRIDAY 27</p> <p>PIZZA CORN VARIETY OF FRUITS/VEGGIES LETTUCE SALAD COOKIE</p> <p>MILK</p>	
<p>MONDAY 30</p> <p>CORN DOG POTATO SMILES STEAMED BROCCOLI VARIETY OF FRUITS/VEGGIES LETTUCE SALAD</p> <p>MILK</p>	<p>TUESDAY 31</p> <p>BONELESS WINGS PRETZEL MASHED POTATOES GREEN BEANS VARIETY OF FRUITS/VEGGIES LETTUCE SALAD</p> <p>MILK</p>				

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