

North Branford Intermediate School January 2019

Students Lunch Price \$3.00 Weekly-\$15.00 20-Days -\$60.00 Adult Lunch- \$4.25

You can make on-line payments to Powerlunch: <http://northbranford.revtrak.net/tek9.asp>

Also you can check lunch account balances by logging into Powerschool and clicking on **BALANCE**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We are Proud to Serve Locally Grown Fruit & Vegetables</p> 	<p>1</p> 	<p>2</p> <p>Cheese Quesadilla Sour Cream / Salsa Brown Rice OR Hot Dog on Wheat Bun Baked Vegetarian Beans Sweet Potato Fries</p>	<p>3</p> <p>Macaroni & Cheese Wheat Dinner Roll OR Bosco Pepperoni Sticks Marinara Sauce Steamed Carrots</p>	<p>4</p> <p>Popcorn Chicken Whole Wheat Dinner Roll OR Fish & Cheese on WW Bun Oven Baked Curly Fries Steamed Broccoli</p>
<p>7</p> <p>Chicken & Spanish Rice OR French Toast Sticks Sausage Patty w/ Syrup Tator Tots Steamed Peas</p>	<p>8</p> <p>Bacon Cheeseburger on Wheat Bun Lettuce / Tomato Oven Baked Fries OR Mozzarella Sticks Marinara Sauce / Wheat Dinner Roll Steamed Carrots</p>	<p>9</p> <p>PASTA BAR Served with Marinara Sauce Meatball or Butter Sauce and Shredded Cheddar Cheese / Wheat Dinner Roll OR Triple Decker Grilled Cheese Sandwich Steamed Broccoli</p>	<p>10</p> <p>Beef or Chicken Nacho Cheese Sauce & Salsa Assorted Toppings OR Buffalo Chicken Sub Oven Baked Fries Steamed Corn & Garbanzo Beans</p>	<p>11</p> <p>Chicken Parmesan Served w/ Spaghetti Whole Wheat Dinner Roll OR Season Fruit and Yogurt Parfaits/graham Crackers Tossed Salad</p>
<p>14</p> <p>Oven Baked Chicken Tenders Wheat Dinner Roll Or BBQ Pork Rib Grinder Sweet Potato Fries</p>	<p>15</p> <p>Tangerine Chicken Stir Fry Oven Baked Rice OR Philly Steak & Cheese On a Wheat Grinder Roll Oven Baked Fries Steamed Mixed Vegetable</p>	<p>16</p> <p>EARLY DISMISSAL French Bread Pizza OR Chicken Patty & Cheese on a Wheat Bun Romaine & Tomato Salad</p>	<p>17</p> <p>Build a Burger Bar!!! Assorted Toppings Or BOSCO Cheese Sticks Marinara Sauce Oven Baked Curly Fries</p>	<p>18</p> <p>Cheese Quesadilla Salsa/Sour Cream OR BBQ Chicken Sub Sweet Potato Fries Spinach – Tomato Salad</p>
<p>21</p> <p>NO SCHOOL MLK Day</p>	<p>22</p> <p>Chicken Sliders Curly Fries OR BOSCO Pepperoni Sticks Marinara Sauce Steamed Carrots</p>	<p>23</p> <p>Chicken w Noodles Garlic Bread Or Mozzarella Sticks Marinara Sauce/Wheat Dinner Roll Steamed Broccoli</p>	<p>24</p> <p>Twin Beef taco Cheddar Cheese/Salsa Shredded Lettuce, Tomato OR Chicken Fajita Roll-Up Steamed Corn & Beans</p>	<p>25</p> <p>Cheese or Pepperoni Calzone Marinara Sauce OR Variety Pizza Day Romaine & Tomato Salad</p>
<p>28</p> <p>Chicken and Gravy Bowl Mashed Potato Cheesy Garlic Bread OR Meatball Sub</p>	<p>29</p> <p>Taco Nacho Bar Cheese Sauce & Salsa Assorted Toppings Or Spicy Chicken Patty on a Wheat Bun Steamed Corn</p>	<p>30</p> <p>Gluten-Free Chicken Tenders Wheat Dinner Roll OR Hot Dog on a Wheat Bun Oven Baked Potato Wedges Baked Vegetarian Beans</p>	<p>31</p> <p>Bacon Cheeseburger on Wheat Bun Sweet Potato Fries OR French Toast Stix & Syrup Sausage Patty</p>	

Available Daily

- Cheese or Pepperoni Pizza and Specialty: Made Fresh on a whole wheat crust
- Pre made Assorted Sandwiches: Ham & Cheese or Turkey & Cheese or Combo sandwich (lettuce, tomato, wheat bread, rolls & wraps)
- Pre made Assorted Salads: Antipasto Salad or Chef's Salad or Chicken Caesar Salad or Cheese Garden Salad (Whole Dinner Roll & Assorted Low-Fat Dressing)
- **Each Day a Variety of Fresh Fruit or Chilled Fruit Cusp are Offered with each Meals**

All Reimbursable Meals include a choice of vegetable, fruit (fresh or portioned) and Milk (Non-Fat Chocolate, 1% White or Skim White)

Menu subject to change

If you have any questions or would like additional information regarding the menu, please contact food service director @ 203-484-1440