

North Branford Intermediate School

October 2018

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
1 Cheddar Cheeseburger On Wheat Bun Or French Toast Sticks/Syrup Sausage Links Sweet Potato Fries Steamed Peas	2 Twin Beef or Chicken Taco Cheddar Cheese/Salsa Shredded Lettuce, Tomato Or Ham Grilled Cheese Cup of Tomato Soup Spanish Corn	3 Barbecued Chicken Mashed Potato Cheesy Garlic Bread Or Beef Burrito Salsa/Saur Cream Romaine-Tomato Salad	4 Macaroni & Cheese Wheat Dinner Roll Or BOSCO Pepperoni Sticks Marinara Sauce Steamed Carrots and Peas	5 Asian Accented Chicken Served w Brown Rice Or Sausage/Egg & Cheese Croissant Spinach Salad
8 	9 Bacon Cheeseburger on a Wheat Bun Lettuce/Tomato Or Chicken Quesadilla Salsa/Sour Cream Oven Baked Fries	10 Mozzarella Sticks Marinara Sauce/Wheat Dinner Roll Steamed Broccoli Or Pulled Pork Sandwich Cole Slaw	11 Taco Nacho Cheese Sauce & Salsa Assorted Toppings Or Cheese Quesadilla Steamed Corn & Garbanzo Beans	12 Chicken Parmesan Served w Spaghetti Or Seasonal Fruit and Yogurt Parfaits/Graham Crackers Romaine-Tomato Salad
15 Oven Baked Chicken Tenders Wheat Dinner Roll Or Philly Steak & Cheese On a Wheat Grinder Roll Sweet Potato Fries	16 Chicken Stir-Fry Oven Baked Brown Rice Or BOSCO Pepperoni Sticks Marinara Sauce Steamed Mixed vegetable	17 Early Dismissal French Bread Pizza Or Chicken Patty & Cheese on a Wheat Bun Romaine & Tomato Salad	18 Build a Burger Bar!!! Assorted Toppings Or Dutch Waffle Sausage/Syrup Oven Baked Curly Fries	19 Nacho w Taco Meat Cheese Sauce /Salsa Assorted Toppings Steamed Corn Or Crunchy Hawaiian Chicken Wrap Spinach -Tomato Salad
22 Popcorn Chicken With Dipping Sauce Garlic Bread Or Pancakes/Sausage Links Syrup Tator Tots Steamed Peas	23 Macaroni & Cheese Wheat Dinner Roll Or Pepperoni Bread Sticks Marinara Sauce Steamed Carrots	24 Homemade Meatballs Served with Pasta / Marinara Sauce and Garlic Bread Or BBQ Pork Rib Grinder Steamed Broccoli	25 Twin Beef or Chicken Taco Cheddar Cheese/Salsa Shredded Lettuce, Tomato Or Chicken Fajita Roll-up Steamed Corn & Beans	26 Cheese or Pepperoni Calzone Marinara Sauce Or Chicken Sliders Romaine & Tomato Salad
29 Cheese Quesadilla Sour Cream /Salsa Brown Rice Or Chicken Caesar Wrap Garden salad	30 Taco Nacho Bar Cheese Sauce & Salsa Steamed Brown Rice Assorted Toppings Or Spicy Chicken Patty on a Wheat Bun Steamed Corn	31 Gluten Free Chicken Tenders /Wheat Dinner Roll Or Hot Dog on a Wheat Bun Oven Baked Potato Wedges Baked Vegetarian Brans 	We are Proud to Serve Locally Grown Fruit & Vegetables 	

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