

- 2024 -

MARCH

Cromwell High School

Start the day off right with a free school breakfast!

Breakfast is free to all students
Student Lunch \$3.10

Lunch consists of an entrée, vegetable and fruit choices, whole grains and low or fat free milk. Students may take three, four or five of these items but must choose at least 1/2 cup of fruits or vegetables.

A selection of a la carte items are also available for purchase daily.

Alternate Daily Lunch Options:
Assorted sandwiches- Ham, Turkey, Buffalo Chicken, Egg or Tuna salad

Garden Salad with protein choice.

Although we will do our best not to make substitutions, all menus are subject to change due to product shortages.

MONDAY

4 Chicken Parmigiana
On a Bun
Garden Salad
Steamed Green Beans
Fruit Choice

11 Chicken Tenders
Oven Potatoes
WG Roll
Steamed Corn
Fruit Choice

18 *Shamrock*
Chicken Nuggets
Oven Potatoes
Dinner Roll
Fiesta Beans
Fruit Choice

25 Mini Hot Dogs
Smartfood Popcorn
Baked Beans
Fruit Choice

TUESDAY

5 Toasted Cheese Sandwich
Tomato Soup
Goldfish Crackers
Garden Salad
Fruit Choice

12 CHS Burger
(1000 island Dressing American Cheese and Sliced Pickles)
Baked Beans
Potato Chips
Fruit Choice

19 Mac N Cheese
Crisp Romaine Salad
Steamed Green Beans
Dinner Roll
Fruit Choice

26 **Half Day**
Egg and Cheese
Stuffed Hash Browns
Chicken Sausage
Veggie Juice
Fruit Choice

WEDNESDAY

6 **Half Day**
Breakfast Pizza
Chicken Sausage
Veggie Juice
Fruit Choice

13 Lasagna W/
Marinara Sauce
Salad
Dinner Roll
Steamed Broccoli
Fruit Choice

20 **Half Day**
WG Mini Pancakes
Chicken Sausage
Veggie Juice
Hash Brown Patties
Fruit Choice

27 Breaded Ravioli W/
Marinara Sauce
Salad
Dinner Roll
Steamed Broccoli
Fruit Choice

THURSDAY

7 Totchos
Seasoned Beef
Cheese Sauce
Tater Tots
Fiesta Beans
Whole Grain Roll
Fruit Choice

14 French Toast Sticks
W/ Syrup
Chicken Sausage
Vegetable Juice
Hash Brown Patties
Fruit Choice

21 Meatball Grinder
W/ Sauce and
Cheese on a WG
Roll
Garden Salad
Glazed Carrots
Fruit choice

28 **Half Day**
Egg and Cheese
on English Muffin
Potato Puffs
Veggie Juice
Fruit Choice


FRIDAY

1 Cheese Pizza or
Mozzarella Sticks
Carrots & Celery
Sticks
Hummus
Garden Salad
Fruit Choice or
Raisins

8 Cheese Pizza or
Mozzarella Sticks
Carrots & Celery
Sticks
Hummus
Garden Salad
Fruit Choice or
Raisins

15 Cheese Pizza or
Mozzarella Sticks
Carrots & Celery
Sticks
Hummus
Garden Salad
Fruit Choice or
Raisins

22 Cheese Pizza or
Mozzarella Sticks
Carrots & Celery
Sticks
Hummus
Garden Salad
Fruit Choice or
Raisins

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