

- 2024 -
MAY

**Cromwell
Middle School**
**Start the day off right
with a free school
breakfast!**

Breakfast is free to all students

Student Lunch \$3.05

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 &
Cheese, Turkey & Cheese or
Sunbutter with Jelly.

Chicken Caesar Salad, Bagel &
Yogurt Plate

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

MONDAY

6 Chicken Nuggets
Oven Potatoes
WG Roll
Baked Beans
Fruit Choice

13 Chicken Tenders
Oven Potatoes
WG Roll
Steamed Corn
Fruit Choice

20 Chicken Patty on WG
Roll
Oven Potatoes
Baked Beans
Fruit Choice



TUESDAY

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

14 Penne w/ Meat
Sauce
Salad
Garlic Knot
Glazed Carrots
Fruit Choice

21 Chicken or Cheese
Quesadilla
Brown Rice
Steamed Corn
Salsa, Sour Cream
Fruit Choice

28 WG Popcorn
Chicken
Mashed Potatoes
Gravy
Dinner roll
Baked Beans
Fruit Choice

WEDNESDAY

1 Rotini w/ Meat
Sauce
Salad
Garlic Knot
Glazed Carrots
Fruit Choice

8 WG Mozzarella
Sticks
W/ Marinara Sauce
Crisp Romaine
Salad
Steamed Broccoli
Egg Noodles
Fruit choice

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

22 Hot Dog on WG Roll
Potato Chips
Macaroni Salad
Fruit Choice

29 WG Mozzarella
Sticks
W/ Marinara Sauce
Crisp Romaine
Salad
Steamed Broccoli
Egg Noodles
Fruit Choice

THURSDAY

2 Apple Cinnamon
Texas French Toast
w/ Syrup
Chicken Sausage
Vegetable Juice
Hash Brown Patty
Fruit Choice

9 Egg and Cheese on
A Croissant
Hash Brown Patty
Vegetable Juice
Fruit Choice

16 Cheeseburger on
Whole Grain Roll
Baked Beans
Potato Chips
Fruit Choice

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

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

FRIDAY

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

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

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

24 **Half Day**
WG Mini Waffles
Chicken Sausage
Veggie Juice
Hash Brown Patties
Fruit Choice

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