

We understand that parents may want to limit their child's privileges to certain items available in the cafeteria. Please contact our office (203) 291-1656 so we may discuss this option with you.

## Join us for Breakfast!

Fresh, Fit and Flavorful



Research confirms that breakfast is the most important meal of the day for children's health, academic achievement, cognitive development and mental health. Unfortunately, many children regularly skip breakfast each morning, depriving them of the important benefits associated with the morning meal.

We are excited to offer a new breakfast program for the students of Weston Middle School. Beginning 7:15 am, this program will include:

- Bagel with cream cheese: \$1.65
- Water: \$1.25
- Parfaits with nut free granola \$3.50
- Whole Grain Muffins: \$1.00
- Energy Bars: \$2.65
- Assorted Cereal: \$1.10
- Fresh Cut Fruit: \$2.50
- Hormone Free Milk, 2% and Skim Chocolate: \$.65
- Horizon Organic Milk: \$2.10
- Stonyfield Smoothies: \$2.10
- Tropicana Pure Premium Juices: \$2.25
- Silk Soy Milk: \$1.75

# WMS Menu

December 2018

## Daily Offerings

create

DELI

PIZZA

PANINI

SALAD

ON THE GO

au bon pain

Mondays

create

### Chicken Tender Bar

Crispy Chicken Tender Strips

Assorted Dipping Sauces

Chilled Veggie Cuidte

Potato Puffs

Tuesdays

create

### Burrito Bowl

Choice of Chicken-Beef or Pork

Cilantro Lime Rice

Assorted Toppings

Wednesdays

create

### Chicken Parmesan

Breaded Chicken Culet

Marinara Sauce

Melted Cheese

Seasoned Green Beans

Thursdays

create

### Sausage Grinder

Sweet Italian Sausage

Sauteed Peppers and Onions

Sauteed Broccoli Rabe

Garlic Asiago Grinder

Fridays

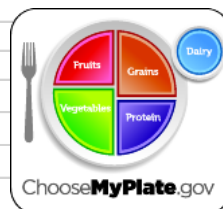
create

### Sweet & Sour Chicken Tempura

Crispy Tempura Chicken

Sweet & Sour Sauce

Steamed Rice and Broccoli



## MENU PRICING BY STATION

create

Regular Hot Lunch \$3.65 / Large \$5.75

create

Pay by Weight Lunch Bar \$.46 per ounce

*Your Own*

DELI

Regular \$4.05 / Large \$6.25

(regular size includes choice of assorted sliced breads. Artisan rolls and wraps are available in regular sizes for an upcharge of .60 cents. Large sizes include any bread choice.)

(add Bacon to any sandwich \$1.25)

PIZZA

Regular \$3.65 / w/topping \$3.95 / Flatbreads \$3.85 / w/topping \$4.15

PANINI

Hot Pressed Special of the Day \$5.50

SALAD

Assorted Grab & Go Creative Salad Specials.... from \$3.65 - \$5.50

ON THE GO

Assorted Grab and Go Sandwiches from \$4.05 - \$5.50

(all lunches include a hand fruit and a choice of hormone free milk)

(Qualifying reduced price on regular size meals \$0.40)

## **Beverages**

### **Dairy**

2% White Milk or Skim Chocolate Milk (all hormone free) \$0.65

Horizon Organic Low Fat Milk Box (chocolate or vanilla) \$2.10

Stonyfield Organic Yogurt and Fruit Smoothie \$2.10

### **Dairy Alternative**

Silk Soy Milk (vanilla or chocolate) \$1.75

### **100% Fruit Juice**

Minute Maid Juices \$1.65

Tropicana Pure Premium Juices \$2.25

Switch Sparkling Juice \$1.50

Naked Juice \$3.00

### **Water**

Bottled Water \$1.25

Poland Spring Sport Cap Water \$1.85

Assorted Sparkling Waters \$1.75

## Daily A la Carte List

Fresh Cut Fruit Cup \$2.50

Stonyfield Organic Yogurt Parfaits with Nut Free Granola \$3.50

Cheese, Grapes and Crackers \$2.85

Sunbutter & Jelly Sandwich \$2.50

Gluten Free Pudding Cup \$1.10

Sabra Hummus Cup w/Pretzels \$3.25

Sabra Chips and Guac Cup \$3.25

GoGo Squeeze 100% Apple Sauce \$1.50

Mozzarella String Cheese \$0.65

Whole Fruit \$0.85

Assorted Au Bon Pain Soups \$3.50 (add oyster crackers \$0.50)

Bagel with Cream Cheese \$1.65

Assorted Cereal Bowls \$1.10

Assorted Baked Frito Lays Brand \$1.25

Assorted Sun Chips \$1.25

Rold Gold Pretzels \$1.25

Stacy's Pita Chips \$1.50

Smartfood Popcorn \$1.25

Sports Nutrition Bars (Luna, Clif, Nugo) \$2.65

Hot Soft Pretzel \$2.00

Fresh Baked Cookies \$1.50

Udi's Gluten Free Cookie \$1.85

Jennies Coconut Macaroons (Non GMO) \$1.65

Good Health Veggie Straws (Non GMO) \$1.60

Kettle Brand Potato Chips (Non GMO) \$1.00

Pirates Booty (Non GMO) \$1.25

Popcorn Indiana Kettle Corn (Non GMO) \$1.25

Stretch Island Fruit Leather (Non GMO) \$1.00

Froyo Bar \$.46/ounce

## **DID YOU KNOW?**

We use 100% certified humane, antibiotic and hormone free Angus ground beef in our recipes

Our chicken is raised with a restricted antibiotic protocol

Our eggs are cage free

We use only natural cheeses in our kitchens

We use ingredients that are free from high fructose corn syrup

We do not use ingredients containing hydrogenated oils

We do not deep fat fry

Our meats are "whole muscle," non-processed

Our deli meats are Boars Head Brand

Our milk is hormone free

We use regional farmers for fruits and vegetables (seasonally available)

Our fruit juices are 100% juice

## **Parents of Students with Allergies**

Please contact us directly with questions regarding menu items and ingredients so we may provide your child with safe lunch choices.

## **Parental Controls**

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## The Culinary Services Program at Weston Public Schools

**Director of Culinary:** Andre Santelli, FMP

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(203) 515-0510

**Chartwells Dining Manager:** Meghan Bendish

[meghanbendish@westonps.org](mailto:meghanbendish@westonps.org)

(203) 258-9319

### **Chefs de Cuisine:**

Hurlbutt Elementary School: Joe Miele

Weston Intermediate School: Linda Voulgarakis

Weston Middle School: Blanca Ponce

Weston High School: Luis Cedeno

### **Finance and Accounts:**

Kareshma Sadat

[kareshmasadat@westonps.org](mailto:kareshmasadat@westonps.org)

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