

Right Choice



					
<p>* \$3.00 * Meal includes: Vegetable, Fruit, Roll & choice of milk</p>	<p>\$3.25 Meal includes: Vegetable, Fruit, Choice of milk</p>	<p>\$3.50 Meal includes: Vegetable, Fruit, Choice of milk</p>	<p>\$4.00 Meal includes: Fresh Fruit, Choice of milk Made to Order</p>	<p>\$3.50 Meal includes: Vegetable, Fruit, Choice of milk Made to Order</p>	<p>\$3.50 Meal includes : Dinner Roll, Fruit, Choice of milk Made to Order</p>
<p><u>Weekly Choices</u> Monday Pasta Bar</p>	<p><u>Daily Choices</u> Assorted Pizza Mozzarella stx</p>	<p><u>Daily Choices</u> Chicken Quesadillas Cheese Quesadillas</p>	<p><u>Daily Choices</u> Turkey Melts Steak & Chz Melt</p>	<p><u>Daily Choices</u> Meatball Sub Philly Cheesesteak</p>	<p><u>Daily Choices</u> Garden Salad Caesar Salad</p>
<p><u>Tuesday</u> BREAKFAST BAR</p>		<p>Grilled Cheese Turkey-n-cheese</p>	<p>Roast Beef Melts Tuna Melts</p>	<p>Buffalo Chicken B-B-Q Chicken</p>	<p>Chicken Caesar Pasta Salads Tuna Salad</p>
<p><u>Wednesday</u> Oriental Bar</p>		<p><u>Chili Bolillos</u> Texas Chili Buffalo Chicken</p>	<p><u>Wraps</u> Tuna Wraps Chicken Wraps Turkey Wraps</p>	<p>Sausage-n-Peppers B-B-Q Pork B-B-Q Beef</p>	
<p><u>Thursday</u> Taco Fiesta Bar</p>			<p><u>Garden Emporium</u> Ceasar Salad Chix Ceasar</p>		
<p><u>Friday</u> Fish-n-Chips Asst. Pizza</p>	<p>\$ Ala Carte \$ \$ 2.25</p>	<p>\$ Ala Carte \$ \$ 3.25</p>	<p>\$ Ala Carte \$ \$ 3.50</p>	<p>\$ Ala Carte \$ \$ 3.25</p>	<p>\$ Ala Carte \$ \$ 3.25</p>

Regional School District 13 Durham / Middlefield
135 Pickett Lane, Durham. CT.06422
Mark Basil, F.D.S
860-349-7200 x288

“Right Choice”: Meet specific nutritional parameters when all items are selected. These special meals are offered with a designated vegetable, fruit and 1% low fat or .5% chocolate milk





\$3.00

*Meal includes:
Vegetable, Fruit,
Roll & choice of milk*

Weekly Choices

Monday

Pasta Bar

Tuesday

All-American

B-B-Q Bar

Wednesday

Oriental Bar

Thursday

Taco Fiesta Bar

Friday

Fish-n-Chips

Asst. Pizza



\$3.25

*Meal includes:
Vegetable, Fruit,
Choice of milk*

Daily Choices

Pepperoni
Cheese

Vegetable
Taco



**\$ Ala Carte \$
Plain Cheese**

\$2.00

**\$ Ala Carte \$
Pizza w/ topping**

\$2.25



\$3.00

*Meal includes:
Vegetable, Fruit,
Choice of milk*

Daily Choices

Hamburger
Cheeseburger

Grilled Cheese

Nacho-n-Cheese



**\$ Ala Carte \$
\$2.25**



\$3.50

*Meal includes:
Vegetable, Fruit, Choice of milk
Made to Order*

Daily Choices

Meatball Sub
Philly Cheesesteak

Buffalo Chicken
B-B-Q Chicken

Sausage-n-Peppers
B-B-Q Pork



\$ Ala Carte \$
\$ 3.00



\$3.50

*Meal includes:
Vegetable, Fruit, Choice of milk
Made to Order*

Daily Choices

Turkey Melts
Steak & Cheese Melts

Roast Beef Melts
Tuna Melts

Quesadillas
Beef, Chicken or Cheese
w/ sour cream & salsa



\$ Ala Carte \$
\$ 3.00



\$3.50

*Meal includes:
Fruit, Choice of milk
Made to Order*

Daily Choices

Garden Salads
Caesar Salad
Chicken Caesar Salad

Pasta Salad
Tuna Chef Salad

Wraps

Tuna Wraps, Chicken Wraps
Turkey Wraps,
Roast Beef Wraps



\$ Ala Carte \$
\$ 3.00