



Frank Strong Middle School

InCredItables

Fresh Grille

Sandwich Depot

Salad Emporium



\$3.00
Meal includes:
Vegetable, Fruit,
Roll & choice of milk

\$3.00
Meal includes:
Vegetable, Fruit,
Choice of milk

\$3.50
Meal includes:
Fresh Fruit,
Choice of milk

\$3.00 Lg. \$3.25
Meal includes :
Dinner Roll, Fruit,
Choice of milk

Monday

Nugget Bar

Assorted Nuggets
& Sauces

Daily Choices

Hamburger



Daily Choices

Turkey

Ham



Daily Choices

Greens

Fresh Veggies

Tuesday

Pasta Bar

Choice of Pasta
& Sauces

Grilled Cheese

Roast Beef
Salami



Pasta Salads
Tuna Salad

Wednesday

Hot-n-Spicy Sub Bar

Made to Order

Cheeseburger



Tuna Salad
Chicken Salad

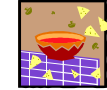
Chicken Salad
Fruit Salad

Thursday

Taco Bar

Made to Order

Nacho-n-Cheese



Friday

Pizza Day

Mozzarella sticks

\$ Ala Carte \$2.50

\$ Ala Carte \$3.25

\$ Ala Carte \$

Regional School District 13 Durham / Middlefield
135 Pickett Lane, Durham, CT.06422
Mark Basil, F.D.S



"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

