

Middletown Middle School Menu

Profiles in Good Taste – September 2009



Hot Boat MONDAY	 THEME BAR TUESDAY	 WEDNESDAY	 THURSDAY	 FRIDAY
Student Lunch \$2.15 Reduced .40	In service Day No Lunch	In service Day No Lunch	UP ON THE BOARDWALK Choice of Hot Dog or Italian Sausage Choice of Toppings Oven Baked Potato Wedges Corn	Steak Escape Choice of Beef or Chicken Choice of grilled veggies Topped with Cheese Sauce or Mozzarella Cheese Baked Herbed Potatoes
Labor Day No School	Breakfast Bar French Toast or Pancakes Eggs Sausage Patty Home Fries Chilled Fruit	 Chicken Parmesan Seasoned Pasta Dinner Roll Mixed Vegetable Fresh Orange	FAJITA FIESTA Chicken or Veggie Strips ♡ Shredded Cheese Soft Flour Tortilla Fresh Vegetable Toppings Steamed White Rice Sautéed Peppers & Onions ♡	TEXAS TOAST Mix & Match Assorted Stuffed Grilled Cheese  Tomato Dipping Sauce Buttermilk Cole Slaw Boston Baked Beans
SPUDS BAR Oven Baked Potato Wedges Topped with Spicy Beef, Cheddar Sauce ♡ Assorted Vegetable Toppings Dinner Roll	Asian Nation Oriental Fried Rice ♡ General Tso's Chicken Orange Glazed Carrots Vegetable Egg Roll ♡	 Oven Roast Turkey & Gravy Cranberry Sauce Warm Dinner Roll Peas & Carrots Glazed Sweet Potatoes Baked Apple Slices	MACHO NACHO Crisp Corn Tortilla Chips Mexican Beef or Cheddar Sauce ♡ Lettuce, Tomato, Salsa Steamed White Rice Refried Beans	Build A Better Burger Choose of All Beef Burgers, Grilled Chicken Breast Choice of toppings Potatoes Au Gratin Grilled Vegetables
BBQ Ribs on a Bun Potato Wedges Vegetable	Pasta Bar Choice Of Pasta W/ Marinara Sauce Italian Meatballs Or Sausage Italian Vegetable Garlic Bread	 Cranberry Glazed Chicken Bread Stuffing Dinner Roll Mashed Potatoes & Gravy Fresh Apple	MEXICAN QUESADILLAS Chicken & Cheese or Twin Cheese ♡ Fresh Vegetable Toppings Steamed White Rice Seasoned Green Beans ♡	UP ON THE BOARDWALK Choice of Hot Dog or Italian Sausage Choice of Toppings Oven Baked Potato Wedges Corn On Cob
Holiday No School	Assorted Panini Bar Seasoned Vegetable Chilled Fruit	Baked Ziti w/ Cheese Green Beans Fresh Fruit Warm Baked Apple Slices	All Entrees are offered with a choice of 2 sides from featured vegetables and fresh seasonal fruit and a choice of low fat milk	

Sandwich Central

Deli Sandwiches
Made Fresh *

Bakery Fresh Breads, Rolls
& Wraps
Premium Deli Meats
Salad Greens
Assorted Cheeses
Fresh Fruit



Specials

Mon: Chicken Caesar Wrap
Tue: Turkey Club Bagel
Wed: Chicken Salad Wrap
Thu: Roast Beef & Spicy
Mayo
Fri: Tuna Salad Wrap

All Sandwich Central
Sandwiches are offered
with a choice of low-fat
Milk



Outtakes

QUICK CUISINE

Available Daily

Assorted Packaged Wild
Greens Salads
Offered with Crackers & a choice
of low fat milk

Au Bon Pain Soup
Ala carte only

\$1.45

Vegetarian Items
designated with ♡

Questions or
Comments please
contact Cheryl Babulak
Director of Dining
Services
(732)671-3850 x1045

Menu May Change
Due to Product



Available Daily
Cheeseburger, Chicken Patty, Chicken
Tenders or Nuggets
or choose our special

Mondays Chicken Parm. Wrap 
Tuesdays Cheese Steak Hero
Wednesdays BLT Burger
Thursdays Salsa Chicken Wrap 
Fridays Honey Mustard Chicken Wrap 

Available Daily

Our Signature Thin Crust Pizza
Plain or Pepperoni
or

Monday & Thursday: Rip & Dip
Tuesday: Cheese Calzone
Wednesday: Stuffed Pepperoni Bread
Friday: Buffalo Chicken Pizza 

