

This institution is an equal opportunity provider and employer.

Simsbury High School - Grades 9 - 12

February 13-17, 2023

Menu Subject to Change.

DAILY CHOICES	Monday - 2/13	Tuesday - 2/14	Wednesday - 2/15	Thursday - 2/16	Friday - 2/17
1 Today's Trojan Lunch 	Sweet & Sour Popcorn Chicken Fiesta Rice, Broccoli Fruit of the Day Milk	Valentine's Day ♥ Grilled Cheese & Tomato Soup Heartzel Pretzels Be Mine Frozen Juice Cup Milk	Chicken Tomato Bake With Parmesan Cheese Tossed Salad Fruit of the Day Milk	All Beef Hot Dog On a Whole Grain Bun Pasta Salad Fruit of the Day Milk	EARLY DISMISSAL GRAB & GO LUNCH
2 Deli on Wheat Bread 	Assorted Varieties of Sandwich Options Fruit & Veggie Choice Milk	Assorted Varieties of Sandwich Options Fruit & Veggie Choice Milk	Assorted Varieties of Sandwich Options Fruit & Veggie Choice Milk	Assorted Varieties of Sandwich Options Fruit & Veggie Choice Milk	EARLY DISMISSAL GRAB & GO LUNCH
3 Caterina's Chicken & Pizza 	Chicken Patty on a Roll <i>OR</i> Pizza Fruit & Veggie of the Day Milk	Chicken Patty on a Roll <i>OR</i> Pizza Fruit & Veggie of the Day Milk	Chicken Patty on a Roll <i>OR</i> Pizza Fruit & Veggie of the Day Milk	Chicken Patty on a Roll <i>OR</i> Pizza Fruit & Veggie of the Day Milk	EARLY DISMISSAL GRAB & GO LUNCH
4 Tom's Grill and Specialties 	Hamburger or Cheeseburger on a Roll <i>OR</i> Super Nachos w/Lettuce & Tomato Fruit & Veggie of the Day	Hamburger or Cheeseburger on a Roll <i>OR</i> Super Nachos w/Lettuce & Tomato Fruit & Veggie of the Day	Hamburger or Cheeseburger on a Roll <i>OR</i> Super Nachos w/Lettuce & Tomato Fruit & Veggie of the Day Milk	Hamburger or Cheeseburger on a Roll <i>OR</i> Super Nachos w/Lettuce & Tomato Fruit & Veggie of the Day Milk	EARLY DISMISSAL GRAB & GO Lunch
5 Farm Fresh Salads, Wraps, Parfaits 	<ul style="list-style-type: none"> ● Specialty Salad: Tropical Chicken ● Specialty Wrap: Pesto Chicken ● Yogurt, Fruit & Granola Parfait Fruit & Veggie of the Day Milk	<ul style="list-style-type: none"> ● Specialty Salad: Tropical Chicken ● Specialty Wrap: Pesto Chicken ● Yogurt, Fruit & Granola Parfait Fruit & Veggie of the Day Milk	<ul style="list-style-type: none"> ● Specialty Salad: Tropical Chicken ● Specialty Wrap: Pesto Chicken ● Yogurt, Fruit & Granola Parfait Fruit & Veggie of the Day Milk	<ul style="list-style-type: none"> ● Specialty Salad: Tropical Chicken ● Specialty Wrap: Pesto Chicken ● Yogurt, Fruit & Granola Parfait Fruit & Veggie of the Day Milk	EARLY DISMISSAL

Lunch \$3.50 reduced .40. 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 and full servings of the other food components. A selection of a la carte items is also available for purchase daily.

Breakfast \$2.00 reduced .30 BREAKFAST IS SERVED DAILY IN THE CAFETERIA