

- 2024 -
MARCH

FRIDAY

**Cromwell
Middle School**

**Start the day off right
with a free school
breakfast!**

Breakfast is free to all students

Student Lunch \$3.05

**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.**

**A selection of a la carte
items are also available for
purchase daily.**

**Alternate Daily Lunch Options:
Assorted sandwiches- Ham &
Cheese, Turkey & Cheese or
Sunbutter with Jelly.**

**Chicken Caesar Salad, Bagel &
Yogurt Plate**

**Although we will do our best not to
make substitutions, all menus are
subject to change due to product
shortages.**

MONDAY

4 Popcorn Chicken
W/ Orange or Sweet
& Sour Sauce
Fried Rice
Vegetable Egg Roll
Fruit Choice

11 Chicken Tenders
Oven Potatoes
WG Roll
Corn
Fruit Choice

18 *Shamrock*
Chicken Nuggets
Oven Potatoes
Dinner Roll
Corn
Fruit Choice

25 Hot Dog on WG Roll
Smartfood
Baked Beans
Fruit Choice

TUESDAY

5 Toasted Cheese
Sandwich
Tomato Soup
Goldfish Crackers
Garden Salad
Fruit Choice

12 CMS Burger
(1000 island
Dressing American
Cheese and Sliced
Pickles)
Baked Beans
Potato Chips
Fruit Choice

19 Mac N Cheese
Crisp Romaine
Salad
Green Beans
Mini Corn Bread
Fruit Choice

26 **Half Day**
Egg and Cheese
on WG Croissant
Potato Puffs
Veggie Juice
Fruit Choice

WEDNESDAY

6 **Half Day**
WG Mini Waffles
Chicken Sausage
Veggie Juice
Hash Brown Patties
Fruit Choice

13 Mozzarella Sticks
Marinara Sauce
Steamed Broccoli
Egg Noodles
Fruit Choice

20 **Half Day**
WG Mini Pancakes
Chicken Sausage
Veggie Juice
Hash Brown Patties
Fruit Choice

27 Breaded Ravioli w/
Marinara Sauce
Salad
Dinner Roll
Steamed Broccoli
Fruit Choice

THURSDAY

7 Rotini w/ Meat
Sauce
Salad
Garlic Knot
Green Beans
Fruit Choice

14 French Toast Sticks
W/ Syrup
Chicken Sausage
Veggie Juice
Hash Brown Patties
Fruit Choice

21 Nacho Plate
Meat and Cheese
Tortilla Chips
Salsa, Sour Cream
Black Bean and
Corn Fiesta
Fruit Choice

28 **Half Day**
Breakfast Pizza
Chicken Sausage
Veggie Juice
Fruit Choice

1 Cheese Pizza
Carrots & Celery
Sticks
Hummus
Garden Salad
Fruit Choice or
Raisins

8 Cheese Pizza or
Mozzarella Sticks
Carrots & Celery
Sticks
Hummus
Garden Salad
Fruit Choice or
Raisins

15 Cheese Pizza
Carrots & Celery
Sticks
Hummus
Garden Salad
Fruit Choice or
Raisins

22 Cheese Pizza or
Mozzarella Sticks
Carrots & Celery
Sticks
Hummus
Garden Salad
Fruit Choice or
Raisins

29  **No
School**