

**Torrington Public Schools— Middle  
and High School**

# Menus for January 2024

This institution is an equal opportunity provider.  
Menus are subject to change.

## AVAILABLE DAILY

Your Complete Lunch will Include:

1. Start with at least One Fruit or Vegetable
  - Rainbow Fruit Tray
  - Locally Grown Vegetable Tray
  - Hot Vegetable of the Day
2. Choose One Daily Menu Entrée Items:  
In addition offered daily:
  - Chef Salad
  - Sunbutter & Jelly
  - Peanut Butter & Jelly
  - Bagel Box
  - Variety of Pizza
  - Pasta
3. Choose One 8 oz. Milk
  - Low-Fat White
  - Flavored Milk

### Featured Specials of the Day



*Welcome Back!  
We hope you  
enjoyed your break!*

#### Tuesday, January 2

Max Pizza Sticks or  
Boars Head Ham & Cheese  
Garden Salad

#### Wednesday, January 3

Toasted Cheese Sandwich or  
Boars Head Turkey & Cheese  
Steamed Broccoli/ Sweet Potato Fries

#### Thursday, January 4

Hamburger/Cheeseburger or  
Boars Head Ham & Cheese  
Oven Fries

#### Friday, January 5

Pizza or  
Boars Head Turkey & Cheese  
Romaine Lettuce Salad

#### Monday, January 8

Meatball Grinders or  
Boars Head Turkey & Cheese  
Steamed Broccoli

#### Tuesday, January 9

Waffles w/Syrup & Strawberries or  
Boars Head Ham & Cheese  
Turkey Sausage Patty/ Potato Smiles

#### Wednesday, January 10

Chicken Nuggets w/Dinner Roll or  
Boars Head Turkey & Cheese  
Mashed Potatoes/ Green Beans

#### Thursday, January 11

Mozzarella Sticks w/ Marinara Sauce or  
Boars Head Ham & Cheese  
Fresh Steamed Broccoli

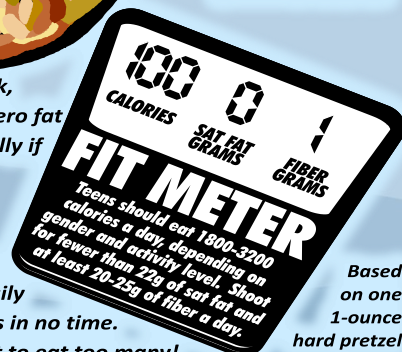
#### Friday, January 12

Cheese Pizza or  
Boars Head Ham & Cheese  
Mixed Greens Salad w/ Tomatoes



*item:*  
pretzels  
*verdict:*  
twisted

**tip:** A twisted snack, indeed. Pretzels have zero fat and some fiber (especially if you eat whole-grain versions). But they're loaded with salt and, once you get your hand in that bag, you can easily eat 500 or more calories in no time. So be aware and try not to eat too many!



Based on one 1-ounce hard pretzel



# YOU'RE GOOD



## ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Torrington Nutrition Services

### Featured Specials of the Day

**Monday, January 15**

School will be closed on Monday, January 15 in honor of Martin Luther King, Jr.'s Birthday



**Tuesday, January 16**

Chicken Filet on a Roll or  
Boars Head Turkey & Cheese  
Baked Sweet Potato Fries

**Wednesday, January 17**

Hamburger/Cheeseburger or  
Boars Head Ham & Cheese  
Oven Fries

**Thursday, January 18**

Egg & Turkey Sausage Biscuit or  
Boars Head Turkey & Cheese  
Hash Brown Potato

**Friday, January 19**

Personal Pizza or  
Boars Head Ham & Cheese  
Mixed Greens Salad w/ Tomatoes

PLEASE SEE OTHER PAGE FOR  
ITEMS AVAILABLE DAILY

### Featured Specials of the Day

**Monday, January 22**

Chicken Nuggets or  
Boars Head Turkey & Cheese  
Sweet Potato Fries

**Tuesday, January 23**

Tacos w/ Lettuce, Cheese & Salsa or  
Boars Head Ham & Cheese  
Sweet Corn/ Brown Rice

**Wednesday, January 24**

Pizza Crunchers w/ Marinara Sauce or  
Boars Head Turkey & Cheese  
Fresh Steamed Broccoli

**Thursday, January 25**

Lasagna w/ Sauce or  
Boars Head Ham & Cheese  
Dinner Roll/ Garden Salad

**Friday, January 26**

Stuffed Crust Pizza or  
Boars Head Turkey & Cheese  
Garden Salad

**Monday, January 29**

French Toast Sticks w/ Strawberries or  
Boars Head Ham & Cheese  
Turkey Sausage Patty/ Hash Brown

**Tuesday, January 30**

Chicken Street Tacos w/ Salsa or  
Boars Head Turkey & Cheese  
Steamed Rice

**Wednesday, January 31**

Hot Dogs on a Whole Wheat Bun or  
Boars Head Ham & Cheese  
Baked Beans



Pro Football  
playoffs start  
Saturday,  
January 13.  
What team  
will wear the  
crown on  
Super Bowl  
Sunday?

## HERB/SPICE Cayenne

Cayenne peppers are the source of the familiar red pepper spice used around the world to flavor dishes. One ingredient in cayenne peppers (capsaicin) is a natural pain reliever, and the peppers also help prevent stomach ulcers, clear congestion, and boost immunity.



## OF THE MONTH