April 2024

Torrington Public Schools
Torrington High and Middle School



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



SPECIAL LIMITED ENGAGEMENT! Break begins at the end of classes: Friday, April 12 Classes resume: Monday, April 22

Available Daily-Breakfast

Assorted: Cereals, Muffins, Cinnamon Rolls, Bagels, Donuts, Strudels

Fruit, Juice and Milk offered in addition to the main items.

Featured Specials of the Day

Monday, April 8

Chicken and Vegetable Dumplings Or

Boars Head Turkey & Cheese Oriental Blend Vegetables/ Seasoned Brown Rice

Tuesday, April 9

Pizza Max Sticks with Marinara Sauce

or

Boars Head Ham& Cheese Garden Salad

Wednesday, April 10

Toasted Cheese Sandwich

Boars Head Turkey & Cheese Steamed Broccoli/Sweet Potato Fries

Thursday, April 11

Hamburger or Cheeseburger

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Boars Head Ham & Cheese Oven Fries/ Steamed Veggies

Friday, April 12

Cheese Pizza

or

Boars Head Ham & Cheese Romaine Lettuce Salad



he Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long - soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.

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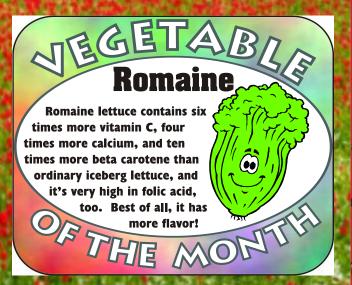
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wanna stay fit? gotta eat right!



tip: These numbers are for a small whole-grain sub roll, 3 ounces of turkey, 1 oz. of cheese (about one slice), lettuce, tomato, onion, and a tablespoon of mayo. Without cheese, subtract 110 calories and 5g of saturated fat. Hold the mayo (or use mustard) to save another 100 calories and 1.5a sat fat. Please see the other page for items available daily

F O R



Featured Specials of the Day

Monday, April 22

French Toast Sticks **Boars Head Ham & Cheese** Turkey Sausage Patty/ Hash Brown Potato

Tuesday, April 23

Mini Tacos with Lettuce & Tomato **Boars Head Turkey & Cheese** Steamed Brown Rice/ Tostitos Scoops

Wednesday, April 24

Egg & Turkey Sausage Patty on an English Muffin Boars Head Ham & Cheese Hash Brown Potatoes

Thursday, April 25

Chicken Patty on a Roll Boars Head Ham & Cheese **Sweet Potato Fries**

Friday, April 26

Stuffed Crust Cheese Pizza Boars Head Turkey & Cheese Romaine Lettuce Salad

Monday, April 29

Bosco Sticks with Marinara **Boars Head Turkey & Cheese** Steamed Broccoli

Tuesday, April 30

Pasta and Meat Sauce **Boars Head Turkey & Cheese** Garden Salad/ Garlic Breadstick



