




TYRRELL MIDDLE SCHOOL MENU ∞ FEBRUARY 3 – FEBRUARY 7

DAILY ALTERNATIVES	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
Main Meal	Twin Beef Soft Tacos (30.87g) Cheese*(0g), Lettuce*(0.8g) Salsa*(2g), Sour Cream*(2g) Corn and Black Bean Salad*(12.26g)	Crispy Chicken Sandwich (39g) Lettuce*(0.8g), Tomato*(0.12g) Onion Rings(28g) Fresh Cucumber and Tomato Salad*(3.29g)	Meatball Grinder on a WG Grinder Roll(30.5g) Orange Cinnamon Carrots*(3.81g) Kettle Baked Chips*(9g)	French Toast Sticks(37g) Oven Roasted Potatoes *(21.53g) Turkey Sausage Links*(0g) Maple Syrup*(28g)	Pizza Crunchers(41g) Sweet Potatoes Fries*(42g) Garden Salad with Ranch Dressing* ** (2.45g)
Deli Bar Made to Order	Choice of Turkey, Ham, Buffalo Chicken, Tuna Salad**, and Egg Salad** Assorted Whole Grain Bread and Assorted Toppings				
Salads And Bento Boxes	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 45%;"> Chicken Caesar Salad(20g) Or Crispy Chicken Salad <i>Served with a Dinner Roll</i> Muffin and Yogurt Box**(65g) Plain Bagel Box(32g) </div> <div style="width: 50%; text-align: right;">  <p>February is National Heart Health Month!</p> <p><small>Heart Healthy Tip: The heart-healthiest foods include vegetables, fruits, and whole grains. Dairy foods should be low-fat, and meats should be lean.</small></p> </div> </div>				
Alternate Lunch	 <p>Superbowl Monday Buffalo Boneless Chicken Wings Corn and Black Bean Salad WG Dinner Roll Ranch Dipping Sauce</p> 	Personal Pan Pizza(31g) Onion Rings(28g) Fresh Cucumber and Tomato Salad*(3.29g)	BBQ Grilled Chicken Sandwich on a WG Bun Orange Cinnamon Carrots*(3.81g) Kettle Baked Chips*(9g)	French Bread Pizza Oven Roasted Potatoes *(21.53g)	Cheddar Burger on a WG Hamburger Bun Sweet Potatoes Fries *(42g) Garden Salad with Ranch Dressing* ** (2.45g)
ONLINE MEAL PAYMENTS	<p>Low-fat White and Flavored Milks, fruit, and rainbow veggie trays are offered daily with all meals!</p>				

*GLUTEN FREE
**CONTAINS EGG
(CARB COUNTS)

**Menu subject to change.
This institution is an equal opportunity provider.**

Nicole Maxellon, MS
Food Service Director
203-879-8145

TYRRELL MIDDLE SCHOOL MENU ∞ FEBRUARY 10 – FEBRUARY 14





DAILY ALTERNATIVES	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
Main Meal	Tex Mex Chili Bowl Homemade Beef Chili*(5.5g) LF Cheddar Cheese*(0g) Tater Tots*(32g) Steamed Corn*(20g) Warmed Corn Muffin**(28g)	Chicken Nachos(22.2g) With Lettuce*(0.8g), Tomato*(1g) Sour Cream*(2g) Refried Beans*(18g)	Twisty Mac & Cheese Mini Corn Dogs**(20g) Mac and Cheese**(32.25g) Steamed Broccoli*(4g)	Stuffed Crust Cheese Pizza(36g) Baked Potato Wedges (16g) Garden Salad with Ranch Dressing* ** (2.45g)	Sweetheart Nuggets Friendship Potato Shapes Be Mine Broccoli Cupid Sugar Cookie
Deli Bar Made to Order	Choice of Turkey, Ham, Buffalo Chicken, Tuna Salad**, and Egg Salad** Assorted Whole Grain Bread and Assorted Toppings				
Salads And Bento Boxes	<div style="background-color: #ff0000; color: white; padding: 5px; display: inline-block;"> ❤️ February is National Heart Health Month! ❤️ </div> Heart Healthy Tip: Avoid sugary drinks. While today's beverage choices can be overwhelming, water and skim milk are the perfect drinks for most children.		Chef Salad Or Caesar Salad (no meat) <i>Served with a WG Dinner Roll</i> Ham and Pretzel Box(35g) Plain Bagel Box(32g) Freshly Made Daily Yogurt Parfaits(76.5g)		
Alternate Lunch	Crispy Buffalo Chicken Sandwich on a WG Bun (39g) Tater Tots*(32g) Steamed Corn*(20g)	Grilled Cheese(25g) Refried Beans(18g) Kettle Baked Chips*(9g)	Chicken Parmesan Sandwich on a WG Bun (44g) Steamed Broccoli*(4g)	Chicken Fajitas(36.51g) Baked Potato Wedges (16g) Garden Salad with Ranch Dressing* ** (2.45g)	Twin All Beef Hot Dogs (42g) Friendship Potato Shapes Be Mine Broccoli Cupid Sugar Cookie
ONLINE MEAL PAYMENTS	Low-fat White and Flavored Milks, fruit, and rainbow veggie trays are offered daily with all meals!				

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TYRRELL MIDDLE SCHOOL MENU ∞ FEBRUARY 17 – FEBRUARY 21

DAILY ALTERNATIVES	MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
Main Meal			Baked Mozzarella Sticks (30g) Warm Marinara Sauce *(9g) WG Onion Rings(28g) Caesar Salad(16.12g)	 <p style="color: red; font-weight: bold;">Maple or Chocolate Chip Pancakes Oven Roasted Potatoes Turkey Sausage Links Orange Juice Maple Syrup</p>	Wild Mike Cheese Bites (35g) Marinara Sauce*(9g) Potato Wedges*(32g) Garden Salad with Ranch Dressing* ** (2.45g)
Deli Bar Made to Order			<p style="color: purple; font-weight: bold; font-size: 1.2em;">National Pancake Week</p> Choice of Turkey, Ham, Buffalo Chicken, Tuna Salad**, and Egg Salad** Assorted Whole Grain Bread and Assorted Toppings		
Salads And Bento Boxes	<div style="background-color: #ff0000; color: white; padding: 5px; text-align: center;"> ❤️ February is National Heart Health Month! ❤️ </div> <p style="font-size: 0.8em;">Heart Healthy Tip: Engage in physical activity. A body is meant to be active! That means at least 60 minutes of moderate to vigorous physical activity every day.</p>		Crispy Chicken Salad(20g) Or Tossed Salad* ** <i>Served with a WG Dinner Roll</i> Muffin and Yogurt Box**(65g) Plain Bagel Box(32g) Freshly Made Daily Yogurt Parfaits(76.5g)		
Alternate Lunch			BBQ Grilled Chicken Sandwich on a WG Bun (48g) WG Onion Rings(28g) Caesar Salad(16.12g)	French Bread Pizza(33g) Oven Roasted Potatoes *(21.53g) Orange Juice*(12g) LF Ranch Dipping Cup** (5g)	Cheddar Burger on a WG Hamburger Bun(34g) Potato Wedges*(32g) Garden Salad with Ranch Dressing* ** (2.45g)
 ONLINE MEAL PAYMENTS	<p style="color: purple; font-weight: bold; font-size: 1.2em;">Low-fat White and Flavored Milks, fruit, and rainbow veggie trays are offered daily with all meals!</p>				

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TYRRELL MIDDLE SCHOOL MENU ∞ FEBRUARY 24 – FEBRUARY 28

DAILY ALTERNATIVES	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
Main Meal	Bacon, Egg, and Cheese on a Croissant** (29g) Tater Tots*(16g) Homemade Apple Crisp (23.3g)	Buffalo Chicken Wrap(45g) Oven Baked Fries*(15g) Carrot Slices*(5.65g) LF Ranch Dipping Cup** (5g)	Lasagna Rollups**(24g) WG Garlic Bread**(13g) Italian Green Beans*(5.22g) Mini Rice Krispy Treat* (9g)	Chicken Bacon Ranch Sandwich on WG Bun** (41g) Vegetarian Baked Beans* (9g) Corn and Tomato Salad* (14.03g)	Cheese Pizza(38.7g) Or Pepperoni Pizza(39.2g) Caesar Salad(16.12g)
Deli Bar Made to Order	Choice of Turkey, Ham, Buffalo Chicken, Tuna Salad**, and Egg Salad** Assorted Whole Grain Bread and Assorted Toppings				
Salads And Bento Boxes	<div style="background-color: #ff0000; color: white; padding: 5px; text-align: center; margin-bottom: 10px;"> February is National Heart Health Month! </div> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Heart Healthy Tip: Improve your sleep hygiene. Good sleep habits are a crucial part of a healthy lifestyle. Keep regular sleep times, even on the weekend, and limit screen time to one hour before bed.</p> </div> <div style="width: 50%;"> <p style="text-align: center;">Chef Salad Or Buffalo Chicken Salad <i>Served with a WG Dinner Roll</i></p> <p style="text-align: center;">Ham and Pretzel Box(35g) Plain Bagel Box(32g) Freshly Made Daily Yogurt Parfaits(76.5g)</p> </div> </div>				
Alternate Lunch	Chicken Parmesan Sandwich on a WG Bun (44g) Tater Tots*(32g) Homemade Apple Crisp (23.3g)	Personal Pan Pizza(31g) Oven Baked Fries*(15g) Carrot Slices*(5.65g)	Crispy Buffalo Chicken Sandwich on a WG Bun (39g) Italian Green Beans*(5.22g) Mini Rice Krispy Treat* (9g)	Grilled Cheese(25g) Vegetarian Baked Beans* (9g) Corn and Tomato Salad* (14.03g)	Chicken Fajitas(36.51g) Caesar Salad(16.12g)
ONLINE MEAL PAYMENTS	<p style="font-size: 1.2em; color: purple; margin: 0;">Low-fat White and Flavored Milks, fruit, and rainbow veggie trays are offered daily with all meals!</p>				

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