<table>
<thead>
<tr>
<th>Date</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
</table>
| August 29  | Breaded Chicken Fillet 14 WS on a Whole Grain Roll 30 WS  
OR Hamburger 0 on Whole Grain Roll 30 WS  
Vegetarian Baked Beans 25  
Sweet Potato Wedges 21 S  
Fruit Choice 15  
Milk Choice 13, 19, 20 M | Whole Grain French Bread Pizza 33 MW  
OR Breaded Chicken Fillet 14 WS  
Rainbow Veggie Sticks 5 with Low Fat Ranch Dip 4 ME  
Fruit Choice 15  
Milk Choice 13, 19, 20 M | Baked Breaded Chicken 7 WE  
Macaroni and Cheese 18 ME  
Farm Fresh Collard Greens 5  
Cucumbers Slices and Grape Tomatoes 5 with Low Fat Ranch Dip 4 ME  
Whole Grain Corn Muffin 23 MW  
Fruit Choice 15  
Milk Choice 13, 19, 20 M | Scott’s Jamaican Beef Patty 46 SW  
Whole Grain Cheese Pinwheel 28 WSM  
100% Fruit Juice 13  
Curried Cabbage 5  
Fruit Choice 15  
Milk Choice 13, 19, 20 M | |
| September 1| Scott’s Jamaican Beef Patty 46 SW  
Whole Grain Cheese Pinwheel 28 WSM  
100% Fruit Juice 13  
Curried Cabbage 5  
Fruit Choice 15  
Milk Choice 13, 19, 20 M | |
| 4          | Pork Choppette 12 SW  
OR Teriyaki Chicken Dippers 10 SW  
Cilantro Lime Brown Rice 24 S  
General Tao Green Beans 15 SW  
Scott’s Whole Grain Dinner Roll 33 SW  
Fruit Choice 15  
Milk Choice 13, 19, 20 M | Early Release  
Whole Grain Cheese Quesadilla 42 MSW  
OR Beef and Cheese Taco Stick 31 MSW  
Broccoli Florettes 5  
Arugula and Grape Tomato Salad with choice of dressing 5  
100% Fruit Juice 14  
Fruit Choice 15  
Milk Choice 13, 19, 20 M | Whole Grain Pasta 36 WE with Beef Meatballs 4 M and Marinara 10  
OR Meatball 4 M Sub 32 SW with Cheese 0 M and Roasted Red Peppers  
Green Zucchini and Summer Squash with diced red peppers 5  
Whole Grain Breadstick 18 W  
Fruit Choice 15  
Milk Choice 13, 19, 20 M | Grilled Chicken 0 on a Whole Grain Roll 30 SW  
Spicy Chicken 1 S on a Whole Grain Roll 30 SW  
Sliced Tomato and Lettuce 5  
Oven Baked Potatoes 23 S  
Fruit Choice 15  
Milk Choice 13, 19, 20 M | |
| 5          | NO SCHOOL LABOR DAY | 6                                           | 7                                             | 8                                             | |
| 11         | Galaxy Personal Pizza 35 MSW  
OR Mini Twin Chickens on Whole Grain Mini Rolls 48 SW  
Carrot Sticks and Celery Sticks 5 with Low Fat Ranch Dip 4 ME  
Vegetable Juice 13  
Fruit Choice 15  
Milk Choice 13, 19, 20 M | Taco Meat 3 S with Taco Chips 31  
Fiesta Bean Salad with fresh cilantro 15 (Ensalada Cubana)  
Fajita Style Brown Rice 24 SW  
Shredded Lettuce and Tomato 5  
Shredded Cheese 1 S  
Fruit Choice 15  
Milk Choice 13, 19, 20 M | Hamburger 0 on Whole Grain Roll 30 SW  
OR Spicy Breaded Chicken 14 SW on Whole Grain Roll 30 SW  
Lettuce and Sliced Tomato 5  
Baked Yucca Sticks 25 S  
Fruit Choice 15  
Milk Choice 13, 19, 20 M | Breaded Chicken Tenders 20 SW  
Cinnamon Oven Roasted Butternut Squash 10  
Steamed Farm Fresh Spinach with Red Peppers 5  
Whole Grain Bosco Breadstick 38 SW  
Fruit Choice 15  
Milk Choice 13, 19, 20 M | |
| 18 | All Beef Hot Dog 0 on Whole Grain Roll 23 SW  
OR  
Buffalo Chicken Pizza 27 WM  
Vegetarian Baked Beans 25  
Carrot Coins 5  
Fruit Choice 15  
Milk Choice 13, 19, 20 M |
| 19 | Cherry Blossom Chicken 25 WE  
Seasoned Brown Rice 24  
Steamed Edamame 15  
Szechuan Broccoli Spears 8 MSW  
Whole Grain Eggroll 22 EW  
Fruit Choice 15  
Milk Choice 13, 19, 20 M |
| 20 | Whole Grain French Toast Sticks 24 MSWE with Syrup  
25 Sugar Free Syrup 5  
Chicken Sausage 1  
HartfordFRESH Hashbrowns 15  
Vegetable Juice 13  
Fruit Choice 15  
Milk Choice 13, 19, 20 M |
| 21 | Turkey Pot Roast 4 with gravy 5 W  
Mashed Potato 17 MS  
Cinnamon Oven Roasted Butternut Squash 10  
Scott's Whole Grain Dinner Roll 33 SW  
Fruit Choice 15  
Milk Choice 13, 19, 20 M |
| 22 | Fresh Vegetable or Cheese Whole Grain Stuffed Crust Pizza Wedge  
44 MSW  
OR  
Scott's Jamaican Beef Patty 46 SW  
Crisp Cucumber Slices and Red Pepper Strips 5 with Low Fat Ranch Dip 4 ME  
Vegetable Juice 13  
Fruit Choice 15 |
| 23 | Whole Grain Cheese Twist  
34 MSW  
OR  
Meat Lovers Pizza 29 MW  
Celery and Cherry Tomato Cup 5 with Low Fat Ranch Dip 4 ME  
Fruit Choice 15  
Milk Choice 13, 19, 20 M |
| 24 | Chicken Fajitas 0 SW on a Whole Grain Flatbread 26 MSW  
Fajita Style Brown Rice 24 SW  
Corn Niblets with Diced Red Peppers 15  
Shredded Cheese 1 M  
Salsa 3  
Fruit Choice 15  
Milk Choice 13, 19, 20 M |
| 25 | Oven Roasted Chicken Leg 0 Whole Grain Arroz Con Gandules(Rice with Pigeon Peas) 25  
Platanos Dulces (Plantains) 29  
Romaine Lettuce Salad with Grape Tomatoes and Shredded Carrots with choice of dressing 5  
Whole Grain Dinner Roll 23 SW  
Fruit Choice 15  
Milk Choice 13, 19, 20 M |
| 26 | BBQ Pulled Pork 12 W on a Whole Grain Roll 30 SW  
OR  
Teriyaki Chicken Dippers 10 SW  
Seasoned Brown Rice 24  
Farm Fresh Broccoli 5  
Vegetarian Beans 25  
Fruit Choice 15  
Milk Choice 13, 19, 20 M |
| 27 | Local Acadian Red Fish 20 FMW  
OR  
Pinwheel—Turkey Pepperoni & Cheese 28 MSW  
Oven Baked Potato Wedges 16 S  
Citrus Beet Salad 5  
Scotts Dinner Roll 33 SW  
Fruit Choice 15  
Milk Choice 13, 19, 20 M |

### Carbohydrates (##), M= Milk, S= Soy, W= Wheat, E=Egg, F=Fish

### Daily Alternatives

- Whole Grain Bagel 30 SW Protein Plate with 2 of the following: Yogurt 19 M, Cheese Stick 1 M, Sunbutter 7 or Sunflower Seeds 6 S  
- Two Whole Grain Sunbutter Sandwich 66 SW  
- Assorted Sandwiches on a Whole Grain Roll 30 SW  
- Assorted Salads with Scott's Whole Grain Roll 33 SW  
- Black Bean Burger 10 SW on a Whole Grain Roll 30 SW  
- Yogurt Parfait 64 MW with Pretzels 15 W

### Did You Know?

- Milk served in our cafe is from a local CT family owned dairy farm from cows that are NOT treated with the growth hormone rBST!  
- All menu items are served fresh, steamed, roasted, or baked and low in saturated fat.  
- Heart Healthy Olive Oil is used to prepare our fresh veggies!  
- We serve only 100% Whole Grain!  
- Locally sourced fresh fruit and veggies are served every chance we get!  
- All menu items are artificial and trans fat free!

### Baby carrots and low fat dip are offered at lunch every day!

### Make time for School Breakfast!

Breakfast is served Daily in ALL our schools!

### Remember All meals include your choice of milk, fruit, and any of the vegetables of the day!

This Is An Equal Opportunity Institution