

June

LUNCH MENU GRADES 6-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Whole Grain Fresh Vegetable or Cheese Pizza OR Scott's Jamaican Beef Patty Crisp Cucumber Slices and Red Pepper Strips with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice
4 Cherry Blossom Chicken Seasoned Brown Rice Steamed Edamame Bean Salad Farm Fresh Green Beans Whole Grain Egg Roll Fruit Choice Milk Choice	5 Whole Grain Big Daddy Pizza Celery and Carrot Sticks with Low Fat Ranch Dressing OR Chicken Burrito Vegetable Juice Fruit Choice Milk Choice	6 Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty HartfordFRESH Homefries Vegetable Juice Fruit Choice Milk Choice	7 Turkey Pot Roast Mashed Potatoes with Gravy OR Meat Loaf Oven Roasted Cinnamon Butternut Squash Whole Grain Roll Fruit Choice Milk Choice Whole Grain Treat	8 Oven Baked Breaded Chicken Tenders Seasoned Brown Rice Green Zucchini and Summer Squash with Diced Red Peppers Steamed Farm Fresh Spinach with Diced Red Peppers Whole Grain Dinner Roll Fruit Choice Milk Choice
11 Breaded Chicken Breast Chunks OR Spicy Breaded Chicken Chunks Seasoned Brown Rice Vegetable Medley Whole Grain Corn Muffin Fruit Choice Milk Choice	12 Hamburger on a Whole Grain Roll Lettuce and Sliced Tomato Oven Baked Yucca Sticks Fruit Choice Milk Choice	13 All Beef Hot Dog on Whole Grain Roll OR Buffalo Chicken Pizza Vegetarian Baked Beans Carrot Coins Fruit Choice Milk Choice	14 Breaded Baked Chicken Fillet on a Whole Grain Roll with BBQ Sauce Peas Sweet Potato Wedges Fruit Choice Milk Choice	15 Whole Grain Cheese Twists with Marinara Vegetable Juice Celery and Cherry Tomato Cup with Low Fat Ranch Dip Fruit Choice Milk Choice

Galaxy Whole Grain
Personal Pizza
Carrot Coins
Vegetable Juice
Fruit Choice
Milk Choice



Baby carrots
and low fat dip
are offered
every day!

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!



Remember **ALL** meals include your choice of milk, fruit, and any of the vegetables of the day!

DAILY ALTERNATIVES

- Whole Grain Bagel Protein Plate with 2 of the following: Yogurt, Cheese Stick, Sunbutter or Sunflower Seeds
- Whole Grain Sunbutter Sandwich
- Assorted Sandwiches on a Whole Grain
- Assorted Salads with Scott's Whole Grain Roll
- Black Bean Burger on a Whole Grain Roll

**Make time for
SCHOOL BREAKFAST!**

**Breakfast is served Daily
in ALL our schools!**



Although we make every effort to serve menus as planned, this menu may change without notice.



This Is An Equal Opportunity Institution