

March 2017

LUNCH MENU GRADES 6-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



AT HOME OR AT SCHOOL
BREAKFAST FUELS YOU UP
FOR GREATNESS!

			1	2	3
			Bread Pork Choppette -OR- Teriyaki Chicken Dippers Cilantro Lime Brown Rice Steamed Farm Fresh Broccoli Garden Salad with choice of dressing Whole Grain Dinner Roll Fruit Choice Milk Choice	Sirachi Nuggets - OR- Breaded Chicken Breast Chunks with BBQ or Ranch sauce Mediterranean Chick Pea Salad with Fresh Parsley and Lemon Zest Fresh Broccoli and Baby Grape Tomatoes Cup Whole Grain Corn Muffin Fruit Choice Milk Choice	Salisbury Steak Mashed Potatoes with gravy Roasted Butternut Squash Whole Grain Garlic Toast Whole Grain Cinnamon Goldfish Fruit Choice Milk Choice
6	7	8	9	10	
Whole Grain Cheese Quesadilla Crinkle Cut Carrot Coins Minestrone Soup Fruit Choice Milk Choice	Breaded Chicken Fillet on Whole Grain Roll with BBQ sauce Corn Niblets Homestyle Vegetarian Baked Beans Fruit Choice Milk Choice	EARLY RELEASE Whole Grain French Toast Sticks with side of Syrup Chicken Sausage Sweet Potato Bites Vegetable Juice Fruit Choice Milk Choice	Breaded Chicken Tenders Sweet Plantains (Platanos Dulces) Whole Grain Scott's Roll Fresh Romaine Salad with Baby Grape Tomatoes and Cucumber Slices with choice of dressing Fruit Choice Milk Choice	Maine Fish-In-Chips-OR- Teriyaki Chicken Dippers Baby Baker Potatoes with Rosemary Fresh Broccoli and Baby Grape Tomatoes and dip Whole Grain Scott's Dinner Roll Fruit Choice Milk Choice	
13	14	15	16	17	
Whole Grain Homestyle Grilled Cheese Sandwich Tomato Soup Sliced Beets Fruit Choice Milk Choice	Sweet & Sour Chicken Seasoned Brown Rice Steamed Broccoli Whole Grain Pita Chips Fruit Choice Milk Choice	Whole Grain Personal Pizza Fresh Red and Green Peppers Sticks with low fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice	Turkey Pot Roast Mashed potatoes with gravy Lightly Steamed Farm Fresh Spinach Whole Grain Scott's Roll Fruit Choice Milk Choice	All Beef Hot Dog on Whole Grain Roll Homestyle Vegetarian Baked Beans Corn Cobbettes Whole Grain Goldfish Pretzels Fruit Choice Milk Choice	

20	21	22	23	24
Whole Grain Big Slice Pizza Vegetable Juice Steamed Broccoli Fruit Choice Milk Choice	Hamburger on Whole Grain Roll Hand Sliced Lettuce and Sliced Whole Tomato Yucca Sticks Fruit Choice Milk Choice	Whole Grain Pasta with Beef Meatballs and Marinara Sauce Whole Grain Breadstick Roasted Farm Fresh Zucchini Tomato and Arugula Salad Fruit Choice Milk Choice	Taco Meat with Taco chips Fiesta Bean Salad (Ensalada Cubana) with fresh cilantro Arroz Con Gandules Rice Shredded Lettuce and Diced Whole Tomato Shredded Cheese Fruit Choice Milk Choice	Baked Breaded Chicken Drumstick Macaroni and Cheese Farm Fresh Collard Greens Crisp Veggie sticks Celery and Carrot sticks with low fat Ranch Dip Whole Grain Corn Muffin Fruit Choice Milk Choice
27	28	29	30	31
Popcorn Chicken Mixed Vegetables Sweet Potato Wedges Whole Grain Biscuit Fruit Choice Milk Choice	Hartford's Own Scott's Whole Grain Jamaican Beef Patty -OR- Whole Grain Homestyle Grilled Cheese Vegetable Juice Curried Green Cabbage Fruit Choice Milk Choice	Slow Cooked BBQ Pulled Pork- OR- Grilled Chicken Fillet on Whole Grain Roll with BBQ sauce Homestyle Vegetarian Baked Beans Seasoned Baked Potato Wedges Fruit Choice Milk Choice	Teriyaki Chicken Nuggets Steamed Brown Rice Steamed Farm Fresh Broccoli Scott's Whole Grain Roll Fruit Choice Milk Choice	Whole Grain Garlic French Bread Pizza Sliced Whole Tomato and Cucumber Salad with Fresh Basil Fruit Choice Milk Choice

Daily Alternatives

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

Monday: Whole Grain Jamaican Beef Patty

Tuesday: Mini Chicken Twin Sandwich (Siracha, Teriyaki, Plain)

Wednesday: Twin Burger on a Whole Grain Roll

Thursday: Whole Grain Chicken Pizza

Friday: Hot Dog on a Whole Grain Roll

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 Grains!
- ♦ Locally sourced fresh fruit and veggies every chance we get!
- ♦ All menu items are artificial trans fat free!

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



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

Make time for SCHOOL BREAKFAST!

Breakfast is served Daily in ALL our schools!

