

June 2017

Lunch Menu Grades 6 - 12



Monday

Tuesday

Wednesday

Thursday

Friday



				<p>1</p> <p>Turkey Pot Roast with gravy Mashed Potatoes Lightly Steamed Farm Fresh Spinach Scott's Whole Grain Roll Fruit Choice Milk Choice</p>	<p>2</p> <p>Sweet Potato Fish Sticks OR Teriyaki Chicken Nuggets Baby Baker Potatoes with Rosemary Fresh Broccoli and Grape Tomatoes with Low Fat Ranch dip Scott's Whole Grain Roll Fruit Choice Milk Choice</p>
<p>5</p> <p>Whole Grain Grilled Cheese Sandwich 100% Fruit Juice Citrus Beet Salad Fruit Choice Milk Choice</p>	<p>6</p> <p>Sweet and Sour Chicken Seasoned Brown Rice Steamed Farm Fresh Broccoli Whole Grain Pita Chips Fruit Choice Milk Choice</p>	<p>7</p> <p>Whole Grain Personal Pizza Fresh Veggie Sticks with Low fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>	<p>8</p> <p>Whole Grain Breaded Chicken Tenders Sweet Plantains (Plantanos Dulces) Whole Grain Dinner Roll Fresh Romaine Salad with Grape Tomatoes and Cucumber Slices with choice of dressing Fruit Choice Milk Choice</p>	<p>9</p> <p>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Roasted Farm Fresh Zucchini Tomato and Cucumber Salad with fresh Basil Whole Grain Breadstick Fruit Choice Milk Choice</p>	
<p>12</p> <p>Whole Grain Pizza Vegetable Juice Broccoli Spears Fruit Choice Milk Choice</p>	<p>13</p> <p>Hamburger on Whole Grain Roll Lettuce and Sliced Tomato Baked Yucca Sticks Fruit Choice Milk Choice</p>	<p>14</p> <p>BBQ Grilled Chicken Breast on a Whole Grain Roll Oven Baked Potato Wedge Green Beans and Carrots Fruit Choice Milk Choice</p>	<p>15</p> <p>All Beef Hot Dog on Whole Grain Roll Vegetarian Baked Beans Corn Cobbettes Whole Grain Scooby Doo Snacks Fruit Choice Milk Choice</p>	<p>16</p> <p>Whole Grain Baked Popcorn Chicken Mixed Vegetables Sweet Potato Wedges Cheesy Whole Grain Herb Biscuits Fruit Choice Milk Choice</p>	
<p>19</p> <p>LAST DAY OF SCHOOL Whole Grain Cheezy Bread Marinara Sauce Green beans Fruit Choice Milk Choice</p>					

Have a Safe and Fun Summer Break!



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 are served every chance we get!
- ◉ All menu items are artificial trans fat free and nut free!

sandwiches • salads • fruits • milk

Free Summer Meals!
Comidas de Verano Gratis!

Kids and teens 18 and under
Niños y adolescentes de 18 años y menos

FOR SITES NEAR YOU, CALL/LLAME **211**
TEXT CTmeals TO **877877**
www.CTSummerMeals.org

Logos: EHC!, NOKID HUNGRY, CSDE

FOOD IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.



Make time for SCHOOL BREAKFAST!

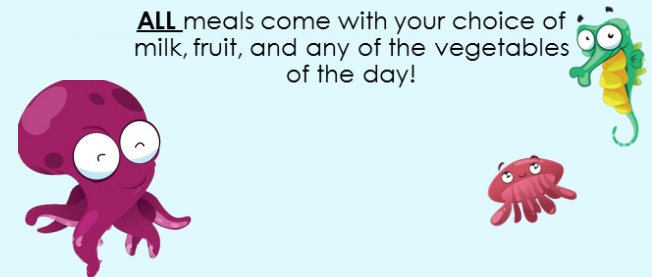
Breakfast is served Daily in ALL our schools!



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

Remember!

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



This Institution is an Equal Opportunity Provider