



MONDAY

TUESDAY

LUNCH MENU

PRE-PACK SCHOOLS - GRADES 9-12


WEDNESDAY


THURSDAY



FRIDAY

	1	<p>Teriyaki Chicken Dippers Brown Rice Farm Fresh Broccoli Fruit Choice Milk Choice Whole Grain Treat</p>	2	<p>Twin Cheese Burgers on Whole Grain Buns Corn Niblets with Diced Red Peppers Fruit Choice Milk Choice</p>	3	<p>Oven Roasted Chicken Leg Seasoned Brown Rice Platanos Dulces/Ripe Plantains Lettuce Salad with Shredded Carrots and Choice of Dressing Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	4	<p>Local Acadian Red Fish with Tartar Sauce OR Whole Grain Turkey Pepperoni and Cheese Pinwheel Baby Baked Potatoes Steamed Edamame Citrus Beet Salad Scott's Whole Grain Dinner Roll Fruit Choice Milk Choice</p>
7	8	<p>Hamburger on a Whole Grain Roll Lettuce and Sliced Tomato Oven Baked Yucca Sticks Fruit Choice Milk Choice</p>	9	<p>Cherry Blossom Chicken Seasoned Brown Rice Steamed Edamame Broccoli Florets Whole Grain Egg Roll Fruit Choice Milk Choice</p>	10	<p>Salisbury Steak with Mashed Potatoes and Gravy Rainbow Swiss Chard Whole Grain Garlic Toast Fruit Choice Milk Choice Whole Grain Cinnamon Goldfish</p>	11	<p>Totally Taco Whole Grain Bites Corn Niblets Lime Cilantro Black Beans Fruit Choice Milk Choice</p>
14	15	<p>Chicken Pot Roast Mashed Potatoes with Gravy Oven Roasted Cinnamon Butternut Squash Fruit Choice Milk Choice Warm Apple Stick</p>	16	<p>EARLY RELEASE Whole Grain French Bread Cheese Pizza Rainbow Veggie Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	17	<p>Baked Breaded Chicken Drumstick Macaroni and Cheese Farm Fresh Collard Greens Cucumber Slices and Carrots with Low Fat Ranch Dip Whole Grain Corn Muffin Fruit Choice Milk Choice</p>	18	<p>Scotts Jamaican Beef Patty or Whole Grain Turkey Pepperoni & Cheese Pinwheel Curried Cabbage 100% Fruit Juice Fruit Choice Milk Choice</p>

<p style="text-align: right;">21</p> <p>Whole Grain Philly Steak and Cheese Pinwheel Tex Mex Bean Salad with Fresh Cilantro and Cumin Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">22</p> <p>Baked Pork Choppette OR Teriyaki Chicken Dippers Seasoned Brown Rice Green Beans Scott's Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">23</p> <p>Whole Grain Cheese Quesadilla Broccoli Florets Arugula and Carrot Salad with Choice of Dressing 100% Fruit Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">24</p> <p>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Whole Grain Breadstick Green Zucchini and Summer Squash with Diced Red Peppers Fruit Choice Milk Choice</p>	<p style="text-align: right;">25</p> <p>Grilled Chicken on a Whole Grain Roll Lettuce and Tomato Cross Trax Baked Sweet Potatoes Fruit Choice Milk Choice</p>
<p style="text-align: right;">28</p> <p>MEMORIAL DAY NO SCHOOL</p>	<p style="text-align: right;">29</p> <p>Baked Breaded Chicken and Whole Grain Mini Waffles with Smart Balance Margarine and Syrup Fresh Veggie Sticks and Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">30</p> <p>Beef Taco Meat and Taco Chips Fiesta Beans Salad/Ensalada Cubana with Fresh Cilantro Fajita Style Brown Rice Shredded Lettuce and Cheese Fruit Choice Milk Choice</p>	<p style="text-align: right;">31</p> <p>Hamburger on a Whole Grain Roll Lettuce and Sliced Tomato Baked Yucca Sticks Fruit Choice Milk Choice</p>	<div style="border: 1px solid orange; padding: 10px; text-align: center;">  <p>Baby carrots and low fat dip are offered every day!</p> </div>

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

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

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!

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 Roll ● Assorted Salads with Scott's Whole Grain Roll ● Black Bean Burger on a Whole Grain Roll