



# LUNCH MENU K-8

## MONDAY

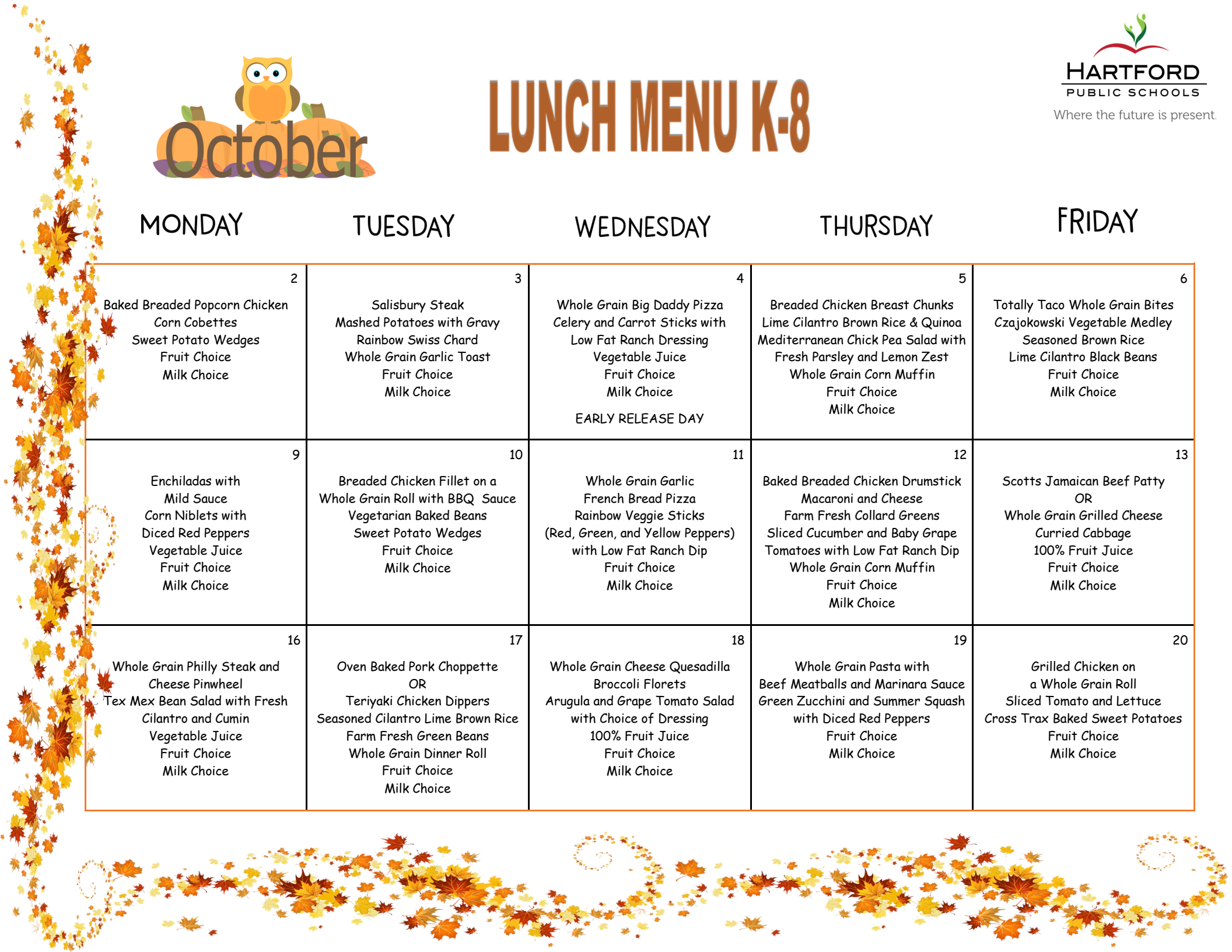
## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

2	3	4	5	6
<p>Baked Breaded Popcorn Chicken Corn Cobettes Sweet Potato Wedges Fruit Choice Milk Choice</p>	<p>Salisbury Steak Mashed Potatoes with Gravy Rainbow Swiss Chard Whole Grain Garlic Toast Fruit Choice Milk Choice</p>	<p>Whole Grain Big Daddy Pizza Celery and Carrot Sticks with Low Fat Ranch Dressing Vegetable Juice Fruit Choice Milk Choice</p> <p>EARLY RELEASE DAY</p>	<p>Breaded Chicken Breast Chunks Lime Cilantro Brown Rice &amp; Quinoa Mediterranean Chick Pea Salad with Fresh Parsley and Lemon Zest Whole Grain Corn Muffin Fruit Choice Milk Choice</p>	<p>Totally Taco Whole Grain Bites Czajkowski Vegetable Medley Seasoned Brown Rice Lime Cilantro Black Beans Fruit Choice Milk Choice</p>
9	10	11	12	13
<p>Enchiladas with Mild Sauce Corn Niblets with Diced Red Peppers Vegetable Juice Fruit Choice Milk Choice</p>	<p>Breaded Chicken Fillet on a Whole Grain Roll with BBQ Sauce Vegetarian Baked Beans Sweet Potato Wedges Fruit Choice Milk Choice</p>	<p>Whole Grain Garlic French Bread Pizza Rainbow Veggie Sticks (Red, Green, and Yellow Peppers) with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>Baked Breaded Chicken Drumstick Macaroni and Cheese Farm Fresh Collard Greens Sliced Cucumber and Baby Grape Tomatoes with Low Fat Ranch Dip Whole Grain Corn Muffin Fruit Choice Milk Choice</p>	<p>Scotts Jamaican Beef Patty OR Whole Grain Grilled Cheese Curried Cabbage 100% Fruit Juice Fruit Choice Milk Choice</p>
16	17	18	19	20
<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>Oven Baked Pork Choppette OR Teriyaki Chicken Dippers Seasoned Cilantro Lime Brown Rice Farm Fresh Green Beans Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p>Whole Grain Cheese Quesadilla Broccoli Florets Arugula and Grape Tomato Salad with Choice of Dressing 100% Fruit Juice Fruit Choice Milk Choice</p>	<p>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Green Zucchini and Summer Squash with Diced Red Peppers Fruit Choice Milk Choice</p>	<p>Grilled Chicken on a Whole Grain Roll Sliced Tomato and Lettuce Cross Trax Baked Sweet Potatoes Fruit Choice Milk Choice</p>



23	24	25	26	27
Galaxy Whole Grain Personal Pizza Carrot Sticks and Celery Sticks with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice	Baked Breaded Chicken and Whole Grain Waffles with Smart Balance Margarine and Syrup Fresh Veggie Sticks and Ranch Dip Vegetable Juice Fruit Choice Milk Choice	Turkey Taco Meat and Taco Chips Fiesta Beans Salad/Ensalada Cubana with Fresh Cilantro Fajita Style Brown Rice Shredded Lettuce and Tomato Shredded Cheese Fruit Choice Milk Choice	Hamburger on a Whole Grain Roll Lettuce and Sliced Tomato Yucca Sticks Fruit Choice Milk Choice	Breaded Chicken Tenders Seasoned Brown Rice Oven Roasted Cinnamon Butternut Squash Steamed Farm Fresh Spinach with Diced Red Peppers Fruit Choice Milk Choice
30	31	<b>DID YOU KNOW?</b> <ul style="list-style-type: none"> <li>● 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!</li> <li>● All menu items are served fresh, steamed, roasted, or baked and low in saturated fat.</li> <li>● Heart Healthy Olive Oil is used to prepare our fresh veggies!</li> <li>● We serve only 100% Whole Grain!</li> <li>● Locally sourced fresh fruit and veggies are served every chance we get!</li> <li>● All menu items are artificial and trans fat free!</li> </ul> <b>DAILY ALTERNATIVES</b> <ul style="list-style-type: none"> <li>● Whole Grain Bagel Protein Plate with 2 of the following: Yogurt, Cheese Stick, Sunbutter or Sunflower Seeds</li> <li>● Whole Grain Sunbutter Sandwich</li> <li>● Assorted Sandwiches on a Whole Grain</li> <li>● Assorted Salads with Scott's Whole Grain Roll</li> <li>● Black Bean Burger on a Whole Grain Roll</li> </ul>		
Cherry Blossom Chicken Seasoned Brown Rice Steamed Edamame Broccoli Spears Fruit Choice Milk Choice	All Beef Hot Dog on Whole Grain Roll Vegetarian Baked Beans Carrot Coins Whole Grain Holiday Cookie Fruit Choice Milk Choice  Pre-K Only: Whole Grain Pizza			

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

## 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!



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

