



# LUNCH MENU

## GRADES 6-12



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>Cheese Enchiladas with Mild Sauce OR Whole Grain Beef Coco Bite Corn Niblets with Diced Red Peppers Vegetable Juice Fruit Choice Milk Choice</p>	<p>3</p> <p>Breaded Baked Chicken Fillet on a Whole Grain Roll with BBQ Sauce OR Hamburger on a Whole Grain Roll Vegetarian Baked Beans Sweet Potato Wedges Fruit Choice Milk Choice</p>	<p>4</p> <p>Whole Grain Garlic French Bread Pizza OR Breaded Chicken Fillet Specialty Salad Rainbow Veggie Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>5</p> <p>Baked Breaded Chicken Drumstick Macaroni and Cheese Farm Fresh Collard Greens Kale and Baby Grape Tomatoes with Low Fat Ranch Dip Whole Grain Corn Muffin Fruit Choice Milk Choice</p>	<p>6</p> <p>Scotts Jamaican Beef Patty or Whole Grain Turkey Pepperoni And Cheese Pinwheel Curried Cabbage 100% Fruit Juice Fruit Choice Milk Choice</p>
<p>9</p> <p>SPRING RECESS NO SCHOOL</p>	<p>10</p> <p>SPRING RECESS NO SCHOOL</p>	<p>11</p> <p>SPRING RECESS NO SCHOOL</p>	<p>12</p> <p>SPRING RECESS NO SCHOOL</p>	<p>13</p> <p>SPRING RECESS NO SCHOOL</p>
<p>16</p> <p>Galaxy Whole Grain Personal Pizza Carrot Sticks and Celery Sticks with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>	<p>17</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>18</p> <p>TurkeyTaco 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</p>	<p>19</p> <p>Hamburger on a Whole Grain Roll OR Spicy Chicken Specialty Salad Lettuce and Sliced Tomato Potato Sidewinders Fruit Choice Milk Choice</p>	<p>20</p> <p>Oven Baked Breaded Chicken Tenders Cilantro Lime Brown Rice and Quinoa Oven Roasted Cinnamon Butternut Squash Steamed Farm Fresh Spinach with Diced Red Peppers Whole Grain Dinner Roll Fruit Choice Milk Choice</p>



23  
 Cherry Blossom Chicken  
 Seasoned Brown Rice  
 Steamed Edamame  
 Broccoli Florets  
 Whole Grain Egg Roll  
 Fruit Choice  
 Milk Choice

24  
 All Beef Hot Dog on  
 Whole Grain Sausage Roll OR  
 Buffalo Chicken Pizza  
 Vegetarian Baked Beans  
 Carrot Coins  
 Fruit Choice  
 Milk Choice  
 Pre-K Only: Whole Grain Pizza

25  
 Whole Grain French Toast Sticks  
 with Syrup  
 Chicken Sausage Patty  
 HartfordFRESH Homefries  
 Vegetable Juice  
 Fruit Choice  
 Milk Choice

26  
 Turkey Pot Roast OR Meat Loaf  
 Mashed Potatoes with Gravy  
 Oven Roasted Cinnamon  
 Butternut Squash  
 Fruit Choice  
 Milk Choice  
 Warm Apple Stick

27  
 Whole Grain Fresh Vegetable or  
 Cheese Stuffed Crust 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

30  
 Whole Grain Cheese Twists with  
 Marinara OR Philly Cheese Steak  
 with Peppers and Onions on a  
 French Roll  
 Vegetable Juice  
 Celery and Cherry Tomato Cup  
 with Low Fat Ranch Dip  
 Fruit Choice  
 Milk Choice

**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!

**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

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

**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!



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

**This Is An Equal Opportunity Institution**

