

AUGUST/SEPTEMBER 2018 LUNCH MENU GRADES 6-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	August 28 Breaded Baked Chicken Fillet on a Whole Grain Roll Vegetarian Baked Beans Sweet Potato Wedges Fruit Choice Milk Choice	29 Whole Grain Cheese French Bread Pizza OR Breaded Chicken Fillet Specialty Salad Rainbow Veggie Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice	30 Baked Breaded Chicken Drumstick Macaroni and Cheese Farm Fresh Collard Greens Cucumber Slices and Baby Grape Tomatoes with Low Fat Ranch Dip Whole Grain Corn Muffin Fruit Choice Milk Choice	31 Scotts Jamaican Beef Patty or Meatloaf on a Whole Grain Roll Curried Cabbage 100% Fruit Juice Fruit Choice Milk Choice
	September 3 LABOR DAY NO SCHOOL	4 Baked Pork Choppette OR Teriyaki Chicken Dippers Seasoned Cilantro Lime Brown Rice Corn Niblets Scott's Whole Grain Roll Fruit Choice Milk Choice	5 Baked Breaded Chicken Chunks OR Spicy Breaded Chicken Chunks Cross Trax Sweet Potatoes Farm Fresh Green Beans Whole Grain Corn Muffin Fruit Choice Milk Choice	6 Whole Grain Pasta with Beef Meatballs and Marinara Sauce Garlic Knots OR Meatball on a French Bread Roll with Cheese and Roasted Red Peppers Green Zucchini and Summer Squash with Diced Red Peppers Fruit Choice Milk Choice
10 Whole Grain Personal Cheese Pizza Carrot Sticks and Celery Sticks with Low Fat Ranch Dip 100% Fruit Juice Fruit Choice Milk Choice	11 Baked Breaded Chicken and Whole Grain Mini Waffles with Smart Balance Margarine and Syrup Farm Fresh Veggie Sticks and Ranch Dip Vegetable Juice Fruit Choice Milk Choice	12 Hamburger on a Whole Grain Roll Lettuce and Sliced Tomato OR Grilled Spicy Chicken Specialty Salad Oven Baked Yucca Sticks Fruit Choice Milk Choice	13 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	14 Oven Baked Breaded Chicken Tenders Cilantro Lime Brown Rice Oven Roasted Cinnamon Butternut Squash Steamed Farm Fresh Spinach with Diced Red Peppers Whole Grain Dinner Roll Fruit Choice Milk Choice

<p>17</p> <p>Cherry Blossom Chicken Seasoned Brown Rice Broccoli Spears Whole Grain Egg Roll Fruit Choice Milk Choice</p>	<p>18</p> <p>All Beef Hot Dog on Whole Grain Roll OR Buffalo Chicken Pizza Vegetarian Baked Beans Carrot Coins Fruit Choice Milk Choice</p> <p>Pre-K Only: Whole Grain Pizza</p>	<p>19</p> <p>Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty HartfordFRESH Homefries Vegetable Juice Fruit Choice Milk Choice</p>	<p>20</p> <p>Turkey Pot Roast OR Oven Baked Pork Choppette Mashed Potatoes with Gravy Farm Fresh Green Beans Warm Apple Stick Fruit Choice Milk Choice</p>	<p>21</p> <p>BBQ Beef Rib on a Whole Grain Roll OR Scott's Coco Bite Potato Smiles Crisp Cucumber Slices and Red Pepper Strips with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>
<p>24</p> <p>Whole Grain Fresh Vegetable or Cheese Stuffed Crust Pizza OR Scott's Jamaican Beef Patty Celery and Cherry Tomato Cup with Low Fat Ranch Dip High Protein Orange - Ginger Edamame Vegetable Juice Fruit Choice Milk Choice</p>	<p>25</p> <p>Chicken Fajitas with Red Onions, Green and Red Peppers OR Chicken Burrito Whole Grain Flatbread Fajita Style Brown Rice Corn Niblets with Diced Red Peppers Shredded Cheese and Salsa Fruit Choice Milk Choice</p>	<p>26</p> <p>Salisbury Steak with Mashed Potatoes and Gravy OR Crispy Chicken or Vegetarian Specialty Salad Farm Fresh Rainbow Swiss Chard Whole Grain Dinner Roll Smart Cookie Fruit Choice Milk Choice</p>	<p>27</p> <p>Oven Roasted Chicken Leg Whole Grain Arroz Con Gandules Platanos Dulces/Ripe Plantains Lettuce Salad with Baby Grape Tomatoes and Shredded Carrots and Choice of Dressing Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p>28</p> <p>Sweet Potato Fish Sticks and Tartar Sauce or Whole Grain Cheese Twists with Marinara Sauce Medley Citrus Beet Salad Scott's Whole Grain Dinner Roll Fruit Choice Milk Choice</p>

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!

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!

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
- Vegetarian Hummus Plate

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

