



LUNCH MENU
PRE-PACK SCHOOLS - GRADES 9-12
ALLERGEN & CARBOHYDRATE INFORMATION

MONDAY

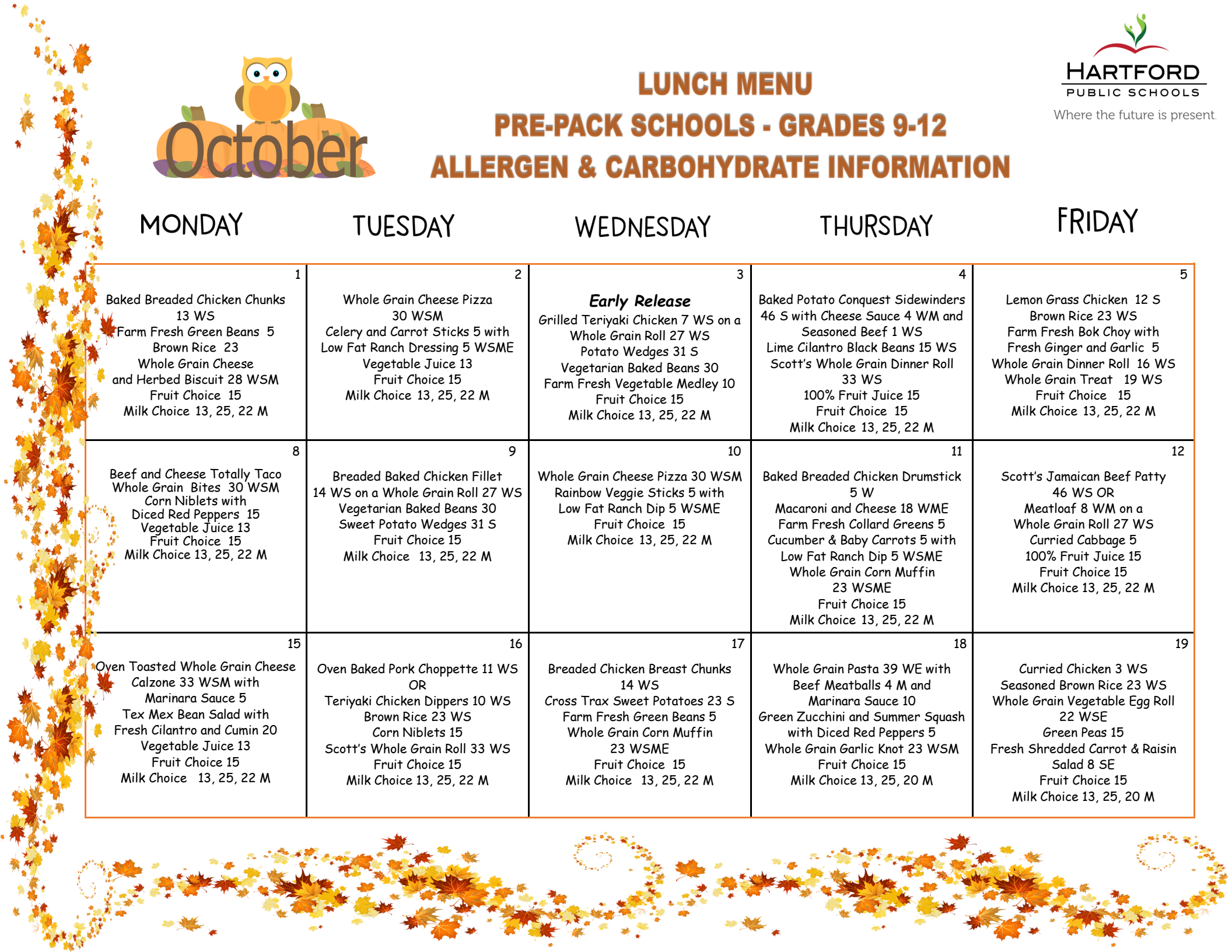
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Baked Breaded Chicken Chunks 13 WS Farm Fresh Green Beans 5 Brown Rice 23 Whole Grain Cheese and Herbed Biscuit 28 WSM Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>2</p> <p>Whole Grain Cheese Pizza 30 WSM Celery and Carrot Sticks 5 with Low Fat Ranch Dressing 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>3</p> <p>Early Release Grilled Teriyaki Chicken 7 WS on a Whole Grain Roll 27 WS Potato Wedges 31 S Vegetarian Baked Beans 30 Farm Fresh Vegetable Medley 10 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>4</p> <p>Baked Potato Conquest Sidewinders 46 S with Cheese Sauce 4 WM and Seasoned Beef 1 WS Lime Cilantro Black Beans 15 WS Scott's Whole Grain Dinner Roll 33 WS 100% Fruit Juice 15 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>5</p> <p>Lemon Grass Chicken 12 S Brown Rice 23 WS Farm Fresh Bok Choy with Fresh Ginger and Garlic 5 Whole Grain Dinner Roll 16 WS Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p>8</p> <p>Beef and Cheese Totally Taco Whole Grain Bites 30 WSM Corn Niblets with Diced Red Peppers 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>9</p> <p>Breaded Baked Chicken Fillet 14 WS on a Whole Grain Roll 27 WS Vegetarian Baked Beans 30 Sweet Potato Wedges 31 S Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>10</p> <p>Whole Grain Cheese Pizza 30 WSM Rainbow Veggie Sticks 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>11</p> <p>Baked Breaded Chicken Drumstick 5 W Macaroni and Cheese 18 WME Farm Fresh Collard Greens 5 Cucumber & Baby Carrots 5 with Low Fat Ranch Dip 5 WSME Whole Grain Corn Muffin 23 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>12</p> <p>Scott's Jamaican Beef Patty 46 WS OR Meatloaf 8 WM on a Whole Grain Roll 27 WS Curried Cabbage 5 100% Fruit Juice 15 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p>15</p> <p>Oven Toasted Whole Grain Cheese Calzone 33 WSM with Marinara Sauce 5 Tex Mex Bean Salad with Fresh Cilantro and Cumin 20 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>16</p> <p>Oven Baked Pork Choppette 11 WS OR Teriyaki Chicken Dippers 10 WS Brown Rice 23 WS Corn Niblets 15 Scott's Whole Grain Roll 33 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>17</p> <p>Breaded Chicken Breast Chunks 14 WS Cross Trax Sweet Potatoes 23 S Farm Fresh Green Beans 5 Whole Grain Corn Muffin 23 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>18</p> <p>Whole Grain Pasta 39 WE with Beef Meatballs 4 M and Marinara Sauce 10 Green Zucchini and Summer Squash with Diced Red Peppers 5 Whole Grain Garlic Knot 23 WSM Fruit Choice 15 Milk Choice 13, 25, 20 M</p>	<p>19</p> <p>Curried Chicken 3 WS Seasoned Brown Rice 23 WS Whole Grain Vegetable Egg Roll 22 WSE Green Peas 15 Fresh Shredded Carrot & Raisin Salad 8 SE Fruit Choice 15 Milk Choice 13, 25, 20 M</p>



<p>22</p> <p>Whole Grain Cheese Pizza 30 WSM Carrot Sticks and Celery Sticks 5 with Low Fat Ranch Dip 5 WSME 100% Fruit Juice 15 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>23</p> <p>Baked Breaded Chicken 14 WS and Whole Grain Waffles 38 WSME with Smart Balance Margarine 0 S and Syrup 25 Sugar Free Syrup 5 Fresh Veggie Sticks 5 and Low Fat Ranch Dip 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>24</p> <p>Hamburger 0 on a Whole Grain Roll 27 WS Lettuce and Sliced Tomato 5 Oven Baked Yucca Sticks 42 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>25</p> <p>BeefTaco Meat 0 and Taco Chips 26 Salsa 3 Fiesta Beans Salad/Ensalada Cubana with Fresh Cilantro 15 Fajita Style Brown Rice 23 WS Shredded Lettuce and Tomato 5 Shredded Cheese 1 S Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>26</p> <p>Oven Baked Breaded Chicken Tenders 16 WS Seasoned Brown Rice 23 WS Oven Roasted Cinnamon Butternut Squash 10 Steamed Farm Fresh Spinach with Diced Red Peppers 5 Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p>29</p> <p>Cherry Blossom Chicken 27 WE Seasoned Brown Rice 23 WS Broccoli Spears 5 Whole Grain Egg Roll 22 WSE Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>30</p> <p>All Beef Hot Dog 0 on Whole Grain Roll 27 WS Vegetarian Baked Beans 30 Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 25, 22 M Pre-K Only: Whole Grain Pizza</p>	<p>31</p> <p>Whole Grain French Toast Sticks 37 WSE with Syrup 25 Sugar Free Syrup 5 Chicken Sausage Patty 1 Hash Brown Rounds 16 S Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>DID YOU KNOW?</p> <ul style="list-style-type: none"> ● 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! <p>DAILY ALTERNATIVES</p> <ul style="list-style-type: none"> ● Whole Grain Bagel Plate 33 WS with two of the following: Yogurt 19 M, Cheese Stick 1M, Sunbutter 7 or Sunflower Seeds 11 W ● Whole Grain Sunbutter Sandwich 66 WS ● Assorted Sandwiches on a Whole Grain Roll 27 WSM ● Assorted Salads with Scott's Whole Grain Roll 33 WS ● Black Bean Burger 10 WS on a Whole Grain Roll 27 WS ● Vegetarian Hummus 9 Plate with Sunflowerseeds 11 W, Carrots 5, Whole Grain Crackers 30 WS, 	

Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg Grams of Carbohydrate are indicated by the number following the menu item

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.