



LUNCH MENU

PRE-PACK SCHOOLS - GRADES 9-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Baked Breaded Chicken Chunks Farm Fresh Green Beans Brown Rice Whole Grain Cheese and Herbs Biscuit Fruit Choice Milk Choice</p>	<p>2</p> <p>Whole Grain Cheese Pizza Celery and Carrot Sticks with Low Fat Ranch Dressing Vegetable Juice Fruit Choice Milk Choice</p>	<p>3</p> <p>Early Release Grilled Teriyaki Chicken on a Whole Grain Roll Potato Wedges Vegetarian Baked Beans Farm Fresh Vegetable Medley Fruit Choice Milk Choice</p>	<p>4</p> <p>Baked Potato Conquest Sidewinders with Cheese Sauce and Seasoned Beef Lime Cilantro Black Beans Scott's Whole Grain Dinner Roll 100% Fruit Juice Fruit Choice Milk Choice</p>	<p>5</p> <p>Lemon Grass Chicken Brown Rice Farm Fresh Bok Choy with Fresh Ginger and Garlic Whole Grain Dinner Roll Whole Grain Treat Fruit Choice Milk Choice</p>
<p>8</p> <p>Beef and Cheese Totally Taco Whole Grain Bites Corn Niblets with Diced Red Peppers Vegetable Juice Fruit Choice Milk Choice</p>	<p>9</p> <p>Breaded Baked Chicken Fillet on a Whole Grain Roll Vegetarian Baked Beans Sweet Potato Wedges Fruit Choice Milk Choice</p>	<p>10</p> <p>Whole Grain Cheese French Bread Pizza Rainbow Veggie Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>11</p> <p>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</p>	<p>12</p> <p>Scott's Jamaican Beef Patty or Meatloaf on a Whole Grain Roll Curried Cabbage 100% Fruit Juice Fruit Choice Milk Choice</p>
<p>15</p> <p>Oven Toasted Whole Grain Cheese Calzone with Marinara Sauce Tex Mex Bean Salad with Fresh Cilantro and Cumin Vegetable Juice Fruit Choice Milk Choice</p>	<p>16</p> <p>Baked Pork Choppette OR Teriyaki Chicken Dippers Brown Rice Broccoli Florets Warm Cinnamon Spiced Apples Scott's Whole Grain Roll Fruit Choice Milk Choice</p>	<p>17</p> <p>Baked Breaded Chicken Chunks Cross Trax Sweet Potatoes Farm Fresh Green Beans Whole Grain Corn Muffin Fruit Choice Milk Choice</p>	<p>18</p> <p>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Green Zucchini and Summer Squash with Diced Red Peppers Warm Whole Grain Garlic Knot Fruit Choice Milk Choice</p>	<p>19</p> <p>Curried Chicken Seasoned Brown Rice Peas Whole Grain Vegetable Egg Roll Fresh Shredded Carrot and Raisin Salad Fruit Choice Milk Choice</p>



<p>22</p> <p>Whole Grain Cheese Pizza Carrot Sticks and Celery Sticks with Low Fat Ranch Dip 100% Fruit Juice Fruit Choice Milk Choice</p>	<p>23</p> <p>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</p>	<p>24</p> <p>Hamburger on a Whole Grain Roll Lettuce and Sliced Tomato Oven Baked Yucca Sticks Fruit Choice Milk Choice</p>	<p>25</p> <p>Beef Meat and Taco Chips Fiesta Beans Salad/Ensalada with Fresh Cilantro Fajita Style Brown Rice Shredded Lettuce and Tomato Shredded Cheese Fruit Choice Milk Choice</p>	<p>26</p> <p>Oven Baked Breaded Chicken Tenders Brown Rice Oven Roasted Cinnamon Butternut Squash Steamed Farm Fresh Spinach with Diced Red Peppers Whole Grain Dinner Roll Fruit Choice Milk Choice</p>
<p>29</p> <p>Cherry Blossom Chicken Brown Rice Broccoli Florets Fruit Choice Milk Choice</p>	<p>30</p> <p>All Beef Hot Dog on Whole Grain Roll Vegetarian Baked Beans Carrot Coins Fruit Choice Milk Choice</p>	<p>31</p> <p>Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty Hash Brown Rounds Vegetable Juice Fruit Choice Milk Choice</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 Protein Plate with 2 of the following: Yogurt, Cheese Stick, Sunbutter or Sunflower Seeds ● Whole Grain Sunbutter Sandwich ● Assorted Sandwiches on a Whole Grain Rolls ● Assorted Salads with Scott's Whole Grain Roll ● Black Bean Burger on a Whole Grain Roll ● Vegetarian Hummus Plate with Sunflower Seeds, Carrots, and Whole Grain Crackers 	

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.