



LUNCH MENU GRADES 6-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1</p> <p>Turkey Pot Roast OR Oven Baked Pork Choppette Mashed Potatoes with Gravy Farm Fresh Green Beans Fruit Choice Milk Choice Warm Apple Stick</p>	<p>2</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>5</p> <p>Whole Grain Fresh Vegetable or Cheese Stuffed Crust Pizza OR Scott's Jamaican Beef Patty High Protein Orange - Ginger Edamame - Celery and Cherry Tomato Cup with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>	<p>6</p> <p>PROFESSIONAL DEVELOPMENT NO SCHOOL</p>	<p>7</p> <p>Salisbury Steak with Mashed Potatoes and Gravy OR Crispy Chicken or Vegetarian Specialty Salad Farm Fresh Rainbow Swiss Chard Whole Grain Garlic Knots Whole Grain Treat Fruit Choice Milk Choice</p>	<p>8</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>9</p> <p>Local Acadian Red Fish with Tartar Sauce OR Meatloaf on a Whole Grain Kaiser Roll Cinnamon Chipotle Seasoned Potato Wedges Citrus Beet Salad Scott's Whole Grain Dinner Roll Fruit Choice Milk Choice</p>
<p>12</p> <p>VETERANS DAY NO SCHOOL</p>	<p>13</p> <p>Whole Grain Big Daddy Pizza OR Philly Cheese Steak on a French Roll Celery and Carrot Sticks with Low Fat Ranch Dressing Vegetable Juice Fruit Choice Milk Choice</p>	<p>14</p> <p>BBQ Pulled Pork on a Whole Grain Roll OR Grilled Teriyaki Chicken on a Whole Grain Roll Potato Wedges Vegetarian Baked Beans Farm Fresh Vegetable Medley Fruit Choice Milk Choice</p>	<p>15</p> <p>Baked Potato Conquest Sidewinders with Cheese Sauce and Seasoned Beef Lime Cilantro Black Beans Whole Grain Dinner Roll 100% Fruit Juice Fruit Choice Milk Choice</p>	<p>16</p> <p>Lemon Grass Chicken Seasoned Brown Rice Farm Fresh Bok Choy with Fresh Ginger and Garlic Whole Grain Dinner Roll Fruit Choice Milk Choice Whole Grain Treat</p>





19	20	21	22	23
Cheese Enchiladas with Mild Sauce OR Beef and Cheese Totaly Taco Whole Grain Bites Corn Niblets with Diced Red Peppers Vegetable Juice Fruit Choice Milk Choice	Breaded Baked Chicken Fillet on a Whole Grain Roll Vegetarian Baked Beans Sweet Potato Wedges Fruit Choice Milk Choice	Whole Grain Cheese French Bread Pizza Green Beans Fruit Choice Milk Choice EARLY RELEASE	THANKSGIVING RECESS	THANKSGIVING RECESS
26	27	28	29	30
Oven Toasted Whole Grain Cheese Calzone with Marinara Sauce Tex Mex Bean Salad Vegetable Juice Fruit Choice Milk Choice	Baked Pork Choppette OR Teriyaki Chicken Dippers Seasoned Cilantro Lime Brown Rice Broccoli Florets Fresh Cinnamon Spiced Apples Scott's Whole Grain Roll Fruit Choice Milk Choice	Baked Breaded Chicken Chunks OR Spicy Baked Breaded Chicken Chunks Cross Trax Sweet Potatoes Farm Fresh Green Beans Whole Grain Corn Muffin Fruit Choice Milk Choice	Whole Grain Pasta with Beef Meatballs and Marinara Sauce Whole Grain Garlic Knots OR Meatball Sub with Cheese and Roasted Red Peppers on a French Roll Green Zucchini and Summer Squash with Diced Red Peppers Fruit Choice Milk Choice	Curried Chicken OR Stuffed Turkey Pepperoni Pinwheel Seasoned Brown Rice Peas Whole Grain Vegetable Egg Roll Fresh Shredded Carrot and Raisin Salad 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!
- All menu items are nut and artificial trans fat free!

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
- Yogurt Parfait and Whole Grain Pretzels
- Vegetarian Hummus Plate with Sunflower Seeds, Carrots, and Whole Grain Crackers



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!

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!

