



LUNCH MENU

PRE-PACK SCHOOLS - GRADES 9-12

ALLERGEN & CARBOHYDRATE INFORMATION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|---|---|---|--|---|
| | | | 1 | 2 |
| | | | Chicken 0 Pot Roast Mashed Potatoes 13 S with Gravy 5 WSME Green Beans 5 Fruit Choice 15 Milk Choice 13, 25, 22 M Warm Apple Stick 38 WS | BBQ Beef Rib 4 S on a Whole Grain Roll 27 WS Potato Smiles 20 S Crisp Cucumber Slices and Red Pepper Strips 5 with Low Fat Ranch Dip 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M |
| 5 | 6 | 7 | 8 | 9 |
| Whole Grain Fresh Vegetable or Stuffed Crust Cheese Pizza 44 WSM Celery and Carrot Cup 5 with Low Fat Ranch Dip 5 WSME High Protein Orange—Ginger Edamame 10 S Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M | PROFESSIONAL DEVELOPMENT NO SCHOOL | Salisbury Steak 5 WSM with Mashed Potatoes 17 SM and Gravy 5 WSME Rainbow Swiss Chard 5 Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 25, 22 M Whole Grain Smart Cookie 19 WS | Oven Roasted Chicken Leg 2 W Seasoned Brown Rice 23 WS Platanos Dulces/Ripe Plantains 58 S Lettuce Salad with Shredded Carrots 5 and Choice of Dressing Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 25, 22 M | Local Acadian Red Fish 40 FWM with Tartar Sauce 3 WSE OR Meatloaf 8 WM on a Whole Grain Kaiser Roll 27 WS Cinnamon Chipotle Seasoned Potato Wedges 19 WS Citrus Beet Salad 5 Scott's Whole Grain Roll 33 WS Fruit Choice 15 Milk Choice 13, 25, 22 M |
| 12 | 13 | 14 | 15 | 16 |
| VETERANS DAY NO SCHOOL | 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 | 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 | 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 | 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 |





| | | | | |
|---|--|---|--|---|
| 29 | 20 | 21 | 22 | 23 |
| 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 | 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 | Early Release 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 | THANKSGIVING RECESS | THANKSGIVING RECESS |
| 26 | 27 | 28 | 29 | 30 |
| 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 | Oven Baked Pork Choppette 11 WS OR Teriyaki Chicken Dippers 10 WS Brown Rice 23 WS Broccoli Florets 5 Fresh Cinnamon Spiced Apples 9 Scott's Whole Grain Roll 33 WS Fruit Choice 15 Milk Choice 13, 25, 22 M | 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 | 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 | 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 |

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 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



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!

Make time for SCHOOL BREAKFAST!

Breakfast is served Daily in ALL our schools!



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



This Is An Equal Opportunity Institution