



# LUNCH MENU

## PRE-PACK SCHOOLS - GRADES 9-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1</p> <p>Chicken Pot Roast Mashed Potatoes with Gravy Green Beans Fruit Choice Milk Choice Warm Apple Stick</p>	<p>2</p> <p>BBQ Beef Rib on a Whole Grain Roll 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 Cheese Pizza High Protein Orange - Ginger Edamame Celery and Carrot Cup with Low Fat Ranch Dip 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 Farm Fresh Rainbow Swiss Chard Whole Grain Dinner Roll Fruit Choice Milk Choice Whole Grain Smart Cookie</p>	<p>8</p> <p>Oven Roasted Chicken Leg Brown Rice Platanos Dulces/Ripe Plantains Lettuce Salad with 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 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 Cheese Pizza Celery and Carrot Sticks with Low Fat Ranch Dressing Vegetable Juice Fruit Choice Milk Choice</p>	<p>14</p> <p>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 Scott's Whole Grain Dinner Roll 100% Fruit Juice Fruit Choice Milk Choice</p>	<p>16</p> <p>Lemon Grass Chicken Brown Rice Farm Fresh Bok Choy with Fresh Ginger and Garlic Whole Grain Dinner Roll Fruit Choice Milk Choice Whole Grain Treat</p>





<p>19</p> <p>Beef and Cheese Totally Taco Whole Grain Bites Corn Niblets with Diced Red Peppers Vegetable Juice Fruit Choice Milk Choice</p>	<p>20</p> <p>Breaded Baked Chicken Fillet on a Whole Grain Roll Vegetarian Baked Beans Sweet Potato Wedges Fruit Choice Milk Choice</p>	<p>21</p> <p><b>EARLY RELEASE</b></p> <p>Whole Grain Cheese Pizza Rainbow Veggie Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>22</p> <p>THANKSGIVING RECESS</p>	<p>23</p> <p>THANKSGIVING RECESS</p>
<p>26</p> <p>Oven Toasted Whole Grain Cheese Calzone with Marinara Sauce Tex Mex Bean Salad Vegetable Juice Fruit Choice Milk Choice</p>	<p>27</p> <p>Baked Pork Choppette OR Teriyaki Chicken Dippers Brown Rice Broccoli Florets Fresh Cinnamon Spiced Apples Scott's Whole Grain Roll Fruit Choice Milk Choice</p>	<p>28</p> <p>Baked Breaded Chicken Chunks Cross Trax Sweet Potatoes Farm Fresh Green Beans Whole Grain Corn Muffin Fruit Choice Milk Choice</p>	<p>29</p> <p>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Warm Whole Grain Garlic Knot Green Zucchini and Summer Squash with Diced Red Peppers Fruit Choice Milk Choice</p>	<p>30</p> <p>Curried Chicken Brown Rice Peas Whole Grain Vegetable Egg Roll Fresh Shredded Carrot and Raisin Salad 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!
- 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 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



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.*

