



LUNCH MENU

PRE-PACK SCHOOLS - GRADES K-8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Chicken Pot Roast Mashed Potatoes with Gravy Green Beans Fruit Choice Milk Choice Warm Apple Stick	2 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
5 Whole Grain Cheese Pizza High Protein Orange - Ginger Edamame Celery and Carrot Cup with Low Fat Ranch Dip Fruit Choice Milk Choice	6 PROFESSIONAL DEVELOPMENT NO SCHOOL	7 Salisbury Steak with Mashed Potatoes and Gravy Farm Fresh Rainbow Swiss Chard Whole Grain Dinner Roll Fruit Choice Milk Choice	8 Oven Roasted Chicken Leg Brown Rice Platanos Dulces/Ripe Plantains Lettuce Salad with Shredded Carrots and Choice of Dressing Fruit Choice Milk Choice	9 Local Acadian Red Fish with Tartar Sauce OR Meatloaf on a Whole Grain Roll Cinnamon Chipotle Seasoned Potato Wedges Citrus Beet Salad Fruit Choice Milk Choice
12 VETERANS DAY NO SCHOOL	13 Whole Grain Cheese Pizza Celery and Carrot Sticks with Low Fat Ranch Dressing Vegetable Juice Fruit Choice Milk Choice	14 Grilled Teriyaki Chicken on a Whole Grain Roll Potato Wedges Vegetarian Baked Beans Farm Fresh Vegetable Medley Fruit Choice Milk Choice	15 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	16 Lemon Grass Chicken Brown Rice Farm Fresh Bok Choy with Fresh Ginger and Garlic Whole Grain Treat Fruit Choice Milk Choice





19	20	21	22	23
Beef and Cheese Totally 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	EARLY RELEASE Whole Grain Cheese Pizza Rainbow Veggie Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice	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 Brown Rice Broccoli Florets Fresh Cinnamon Spiced Apples Whole Grain Dinner Roll Fruit Choice Milk Choice	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 Green Zucchini and Summer Squash with Diced Red Peppers Fruit Choice Milk Choice	Curried Chicken 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
- Vegetarian Hummus Plate with Sunflowerseeds, Carrots, 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.

