

LUNCH MENU K-8



ALLERGEN & CARBOHYDRATE INFORMATION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
<p>Whole Grain Personal Pizza 35 WSM Carrot Sticks and Celery Sticks 5 with Low Fat Ranch Dip 5 WSME 100% Fruit Juice 15 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>Baked Breaded Chicken 14 WS and Whole Grain Waffles 38 WSME with Smart Balance Margarine 0 S and Syrup 25 Sugar Free Syrup 5 Farm Fresh Veggie Sticks 5 and Low Fat Ranch Dip 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>Early Release Hamburger 0 on a Whole Grain Roll 23 WS Lettuce and Sliced Tomato 5 Oven Baked Yucca Sticks 42 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>Turkey Taco Meat 3 S and Taco Chips 18 Mediterranean Chick Pea Salad with Fresh Parsley and Lemon Zest 15 Fajita Style Brown Rice 23 WS Shredded Lettuce and Tomato 5 Shredded Cheese 1 S Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>Oven Baked Breaded Chicken Tenders 12 WS Cilantro Lime Brown Rice 23 WS Oven Roasted Cinnamon Butternut Squash 10 Steamed Farm Fresh Spinach with Diced Red Peppers 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p>10 Cherry Blossom Chicken 27 WE Seasoned Brown Rice 23 WS Broccoli Spears 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>11 All Beef Hot Dog 0 on Whole Grain Roll 23 WS Vegetarian Baked Beans 30 Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 25, 22 M Pre-K Only: Whole Grain Pizza</p>	<p>12 Whole Grain French Toast Sticks 37 WSE with Syrup 25 Sugar Free Syrup 5 Chicken Sausage Patty 1 Hartford FRESH Homefries 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>13 Turkey Pot Roast 5 WSME Mashed Potatoes 17 MS with Gravy 5 WSME Farm Fresh Green Beans 5 Fruit Choice 15 Milk Choice 13, 25, 22 M Warm Apple Stick 38 WS</p>	<p>14 BBQ Beef Rib 4 S on a Whole Grain Roll 27 WS OR Scott's Coco Bite 33 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</p>
<p>17 Sweet Potato Fish Sticks 24 FWM with Tartar Sauce 3 WSE OR Whole Grain Cheese Twists 34 WSM with Marinara 5 Citrus Beet Salad 5 Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>18 Chicken Fajitas 3 WS with Red Onions, Green and Red Peppers 5 Whole Grain Flatbread 26 WSM Fajita Style Brown Rice 23 WS Corn Niblets with Diced Red Peppers 15 Tex Mex Bean Salad with Fresh Cilantro and Cumin 20 Shredded Cheese 1 M and Salsa 3 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>19 Salisbury Steak 5 WSM with Mashed Potatoes 17 SM and Gravy 5 WSME Rainbow Swiss Chard 5 Whole Grain Garlic Knot 23 WSM Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>20 Baked Breaded Chicken Chunks 14 WS Platanos Dulces/Ripe Plantains 58 S Lettuce Salad with Baby Grape Tomatoes & Shredded Carrots 5 and Choice of Dressing Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>21 Whole Grain Stuffed Crust Cheese Pizza 31 WSM Celery and Cherry Tomato Cup 5 with Low Fat Ranch Dip 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>



24	25	26	27	28
WINTER RECESS	WINTER RECESS	WINTER RECESS	WINTER RECESS	WINTER RECESS
31				
WINTER RECESS				

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 30 WS with two of the following: Yogurt 19 M, Cheese Stick 1 M, Sunbutter 7 or Sunflower Seeds 6 S ● Whole Grain Sunbutter Sandwich 66 WS ● Assorted Sandwiches on a Whole Grain Roll 29 WS ● Assorted Salads with Scott's Whole Grain Roll 33 WS ● Black Bean Burger 10 WS on a Whole Grain Roll 29 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

Baby carrots and low fat dip are offered at lunch every day!



Remember **ALL** meals include your choice of milk, fruit, and any of the vegetables of the 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.