



# DECEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## LUNCH MENU

### PRE-PACK SCHOOLS - GRADES 9-12

### ALLERGEN & CARBOHYDRATE INFORMATION

3	4	5	6	7
<p>Whole Grain Cheese Pizza 30 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 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><b>Early Release</b></p> <p>Hamburger 0 on a Whole Grain Roll 27 WS Lettuce and Sliced Tomato 5 Oven Baked Yucca Sticks 42 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>Beef Taco Meat 0 and Taco Chips 18 Salsa 3 Fiesta Beans Salad/Ensalada Cubana with Fresh Cilantro 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 16 WS Brown Rice 23 WS Oven Roasted Cinnamon Butternut Squash 10 Steamed Farm Fresh Spinach with Diced Red Peppers 5 Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p>10</p> <p>Cherry Blossom Chicken 27 WE Brown Rice 23 WS Broccoli Florets 5 Whole Grain Egg Roll 22 WSE Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>11</p> <p>All Beef Hot Dog 0 on Whole Grain Roll 27 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</p> <p>Whole Grain French Toast Sticks 37 WSE with Syrup 25 Sugar Free Syrup 5 Chicken Sausage Patty 1 Hash Brown Rounds 16 S Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>13</p> <p>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</p>	<p>14</p> <p>BBQ Beef Rib 4 S on a Whole Grain Roll 27 WS Potato Smiles 25 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</p> <p>Sweet Potato Fish Sticks 30 FWM with Tartar Sauce 3 WSE OR Whole Grain Cheese Twists 34 WSM with Marinara 5 Citrus Beet Salad 5 Scott's Whole Grain Roll 33 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>18</p> <p>Beef Taco Stick 31 WSM Brown Rice 23 WSM Corn Niblets with Diced Red Peppers 15 Tex Mex Bean Salad with Fresh Cilantro and Cumin 17 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>19</p> <p>Salisbury Steak 5 WSM with Mashed Potatoes 17 SM and Gravy 5 WSME Rainbow Swiss Chard 5 Whole Grain Garlic Knots 23 WSM Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>20</p> <p>Baked Breaded Chicken Chunks 14 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</p>	<p>21</p> <p>Whole Grain Cheese Pizza 30 WSM Carrot Sticks and Celery Sticks 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 artificial and 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**

**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.*



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!**

