



LUNCH MENU

PRE-PACK SCHOOLS - GRADES 9-12

Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
<p>Whole Grain Cheese Pizza Carrot Sticks and Celery Sticks with Low Fat Ranch Dip 100% Fruit Juice Fruit Choice Milk Choice</p>	<p>Baked Breaded Chicken and Whole Grain Mini Waffles with Smart Balance Margarine and Syrup Farm Fresh Veggie Sticks and Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>	<p>Hamburger on a Whole Grain Roll Lettuce and Sliced Tomato Oven Baked Yucca Sticks Fruit Choice Milk Choice EARLY RELEASE</p>	<p>Beef Taco Meat and Taco Chips with Salsa and Fajita Seasoning Mediterranean Chick Pea Salad with Fresh Parsley and Lemon Zest Fajita Style Brown Rice Shredded Lettuce and Tomato Shredded Cheese Fruit Choice Milk Choice</p>	<p>Oven Baked Breaded Chicken Tenders Brown Rice Oven Roasted Cinnamon Butternut Squash Steamed Farm Fresh Spinach with Diced Red Peppers Whole Grain Dinner Roll Fruit Choice Milk Choice</p>
10	11	12	13	14
<p>Cherry Blossom Chicken Brown Rice Broccoli Florets Whole Grain Egg Roll Fruit Choice Milk Choice</p>	<p>All Beef Hot Dog on Whole Grain Roll Vegetarian Baked Beans Carrot Coins Fruit Choice Milk Choice</p>	<p>Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty Hash Brown Rounds Vegetable Juice Fruit Choice Milk Choice</p>	<p>Chicken Pot Roast Mashed Potatoes with Gravy Green Beans Warm Apple Stick Fruit Choice Milk Choice</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>
17	18	19	20	21
<p>Sweet Potato Fish Sticks and Tartar Sauce or Whole Grain Cheese Twists with Marinara Sauce Citrus Beet Salad Scotts Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p>Beef Taco Stick Brown Rice Corn Niblets with Diced Red Peppers Tex Mex Bean Salad with Fresh Cilantro and Cumin Fruit Choice Milk Choice</p>	<p>Salisbury Steak with Mashed Potatoes and Gravy Farm Fresh Rainbow Swiss Chard Whole Grain Garlic Knots Whole Grain Treat Fruit Choice Milk Choice</p>	<p>Baked Breaded Chicken Chunks Platanos Dulces/Ripe Plantains Lettuce Salad with Shredded Carrots and Choice of Dressing Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p>Whole Grain Cheese Pizza Vegetable Juice Celery and Cherry Tomato Cup with Low Fat Ranch Dip Fruit Choice Milk Choice</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 Protein Plate with 2 of the following: Yogurt, Cheese Stick, Sunbutter or Sunflower Seeds
- Whole Grain Sunbutter Sandwich
- Assorted Sandwiches on a Whole Grain
- Assorted Salads with Scott's Whole Grain Roll
- Black Bean Burger on a Whole Grain Roll
- Vegetarian Hummus Plate with Sunflower seeds, Carrots, & Whole Grain Crackers



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



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

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!

