



LUNCH MENU GRADES 6-12


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p style="text-align: center;">1</p> <p style="text-align: center;">NEW YEAR'S DAY NO SCHOOL</p>	<p style="text-align: center;">2</p> <p>Whole Grain Big Daddy Pizza Carrot Coins Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: center;">3</p> <p>Baked Breaded Chicken Chunks Cilantro Lime Brown Rice Farm Fresh Green Beans Whole Grain Cheesy Herb Biscuit Fruit Choice Milk Choice</p>	<p style="text-align: center;">4</p> <p>Lemon Grass Chicken Seasoned Brown Rice Farm Fresh Bok Choy with Fresh Ginger and Garlic Whole Grain Dinner Roll Fruit Choice Milk Choice Whole Grain Treat</p>
<p style="text-align: center;">7</p> <p>Cheese Enchiladas with Mild Sauce OR Beef and Cheese Totally Taco Whole Grain Bites Corn Niblets with Diced Red Peppers Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: center;">8</p> <p>Breaded Baked Chicken Fillet on a Whole Grain Roll Farm Fresh Spinach with Diced Red Peppers Sweet Potato Wedges Fruit Choice Milk Choice</p>	<p style="text-align: center;">9</p> <p>Whole Grain Cheese French Bread Pizza Rainbow Veggie Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p> <p style="text-align: center;">EARLY RELEASE</p>	<p style="text-align: center;">10</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 style="text-align: center;">11</p> <p>Scotts Jamaican Beef Patty or Turkey Pepperoni and Cheese Pinwheel Curried Cabbage 100% Fruit Juice Fruit Choice Milk Choice</p>
<p style="text-align: center;">14</p> <p>Whole Grain Cheese Twists with Marinara Sauce Mediterranean Chick Pea Salad with Fresh Parsley and Lemon Zest Soup Choice Fruit Choice Milk Choice</p>	<p style="text-align: center;">15</p> <p>Salisbury Steak with Mashed Potatoes and Gravy Farm Fresh Rainbow Swiss Chard Scott's Whole Grain Roll Fruit Choice Milk Choice</p>	<p style="text-align: center;">16</p> <p>Baked Breaded Chicken Chunks Cross Trax Sweet Potatoes Farm Fresh Green Beans Whole Grain Corn Muffin Fruit Choice Milk Choice</p>	<p style="text-align: center;">17</p> <p>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Green Zucchini and Summer Squash with Diced Red Peppers Whole Grain Garlic Knots Fruit Choice Milk Choice</p>	<p style="text-align: center;">18</p> <p>Curried Chicken Seasoned Brown Rice Green Peas Whole Grain Vegetable Egg Roll Fruit Choice Milk Choice</p>

<p style="text-align: center;">21</p> <p style="text-align: center;">MARTIN LUTHER KING DAY NO SCHOOL</p>	<p style="text-align: center;">22</p> <p>Breaded Baked Chicken Fillet on a Whole Grain Roll Farm Fresh Veggies Sticks with Ranch Dip Fruit Choice Milk Choice</p>	<p style="text-align: center;">23</p> <p>Hamburger on a Whole Grain Roll Lettuce and Sliced Tomato Oven Baked Yucca Sticks Fruit Choice Milk Choice</p>	<p style="text-align: center;">24</p> <p>Beef Taco Meat and Taco Chips with Fresh Cilantro Fajita Style Brown Rice Shredded Lettuce and Tomato Shredded Cheese Fruit Choice Milk Choice</p>	<p style="text-align: center;">25</p> <p>All Beef Hot Dog on Whole Grain Roll Vegetarian Baked Beans Carrot Coins Fruit Choice Milk Choice</p>
<p style="text-align: center;">28</p> <p>BBQ Pulled Chicken in a Corn Bread Bowl Broccoli Spears Tex Mex Bean Salad with Fresh Cilantro and Cumin Fruit Choice Milk Choice</p>	<p style="text-align: center;">29</p> <p>Grilled Chicken Patty on a Whole Grain Roll Oven Roasted Cinnamon Butternut Squash Farm Fresh Spinach with Diced Red Pepper Fruit Choice Milk Choice</p>	<p style="text-align: center;">30</p> <p>Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty Seasoned Potato Wedges Vegetable Juice Fruit Choice Milk Choice</p> <p style="text-align: center;">EARLY RELEASE</p>	<p style="text-align: center;">31</p> <p>Turkey Pot Roast Mashed Potatoes with Gravy Farm Fresh Green Beans Warm Apple Stick Fruit Choice Milk Choice</p>	<p style="text-align: center;">Make time for SCHOOL BREAKFAST!</p> <p style="text-align: center;">Breakfast is served Daily in ALL our schools!</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 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!



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.

This Is An Equal Opportunity Institution