



## LUNCH MENU

### PRE-PACK SCHOOLS - GRADES 9-12 ALLERGEN & CARBOHYDRATE INFORMATION



Where the future is present.

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1</p> <p>NEW YEAR'S DAY NO SCHOOL</p>	<p>2</p> <p>Whole Grain Cheese Pizza 30 WSM Carrot Coins 5 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>3</p> <p>Baked Breaded Chicken Chunks 13 WS Farm Fresh Green Beans 5 Brown Rice 23 WS Whole Grain Cheese and Herbed Biscuit 28 WSM Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>4</p> <p>Lemon Grass Chicken 12 S Brown Rice 23 WS Farm Fresh Bok Choy with Fresh Ginger and Garlic 5 Whole Grain Dinner Roll 16 WS Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p>7</p> <p>Beef and Cheese Totally Taco Whole Grain Bites 30 WSM Corn Niblets with Diced Red Peppers 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>8</p> <p>Breaded Baked Chicken Fillet 14 WS on a Whole Grain Roll 27 WS Farm Fresh Spinach with Diced Red Peppers 5 Sweet Potato Wedges 31 S Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>9</p> <p><b>Early Release</b></p> <p>Whole Grain Cheese French Bread Pizza 33 WSM Rainbow Veggie Sticks 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>10</p> <p>Baked Potato Conquest Sidewinders 46 S with Cheese Sauce 4 WM and Seasoned Beef 1 WS Lime Cilantro Black Beans 15 WS Scott's Whole Grain Dinner Roll 33 WS 100% Fruit Juice 15 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>11</p> <p>Scott's Jamaican Beef Patty 46 WS OR Turkey Pepperoni and Cheese Pinwheel 28 WSM Curried Cabbage 5 100% Fruit Juice 15 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p>14</p> <p>Whole Grain Cheese Twists 34 WSM with Marinara 5 Mediterranean Chick Pea Salad with Fresh Parsley and Lemon Zest 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22</p>	<p>15</p> <p>Salisbury Steak 5 WSM with Mashed Potatoes 17 SM and Gravy 5 WSME Rainbow Swiss Chard 5 Scott's Whole Grain Roll 33 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>16</p> <p>Breaded Chicken Breast Chunks 14 WS Cross Trax Sweet Potatoes 23 S Farm Fresh Green Beans 5 Whole Grain Corn Muffin 23 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>17</p> <p>Whole Grain Pasta 39 WE with Beef Meatballs 4 M and Marinara Sauce 10 Whole Grain Garlic Knots 23 WSM Green Zucchini and Summer Squash with Diced Red Peppers 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>18</p> <p>Curried Chicken 3 WS Brown Rice 23 WS Whole Grain Vegetable Egg Roll 22 WSE Green Peas 15 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>

<p style="text-align: center;">21</p> <p>MARTIN LUTHER KING DAY NO SCHOOL</p>	<p style="text-align: center;">22</p> <p>Breaded Baked Chicken Fillet 14 WS on a Whole Grain Roll 27 WS Farm Fresh Veggie Sticks 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: center;">23</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 style="text-align: center;">24</p> <p>Beef Taco Meat 3 WS and Taco Chips 26 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 style="text-align: center;">25</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</p>
<p style="text-align: center;">28</p> <p>BBQ Chicken 11 WS Corn Bread Bowl 35 WSME Tex Mex Bean Salad with Fresh Cilantro and Cumin 20 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: center;">29</p> <p>Grilled Chicken Patty 1 WS on a Whole Grain Roll 27 WS Oven Roasted Cinnamon Butternut Squash 10 Farm Fresh Spinach with Diced Red Peppers 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: center;">30</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 style="text-align: center;">31</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 style="text-align: center;"><b>Make time for SCHOOL BREAKFAST!</b> <b>Breakfast is served Daily in ALL our schools!</b></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 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



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**