



MONDAY

TUESDAY

# LUNCH MENU

## PRE-PACK SCHOOLS - GRADES 9-12

WEDNESDAY

THURSDAY



Where the future is present.

FRIDAY

	<p>1</p> <p>NEW YEAR'S DAY NO SCHOOL</p>	<p>2</p> <p>Whole Grain Cheese Pizza Carrot Coins Vegetable Juice Fruit Choice Milk Choice</p>	<p>3</p> <p>Baked Breaded Chicken Chunks Brown Rice Green Beans Whole Grain Corn Muffin Fruit Choice Milk Choice</p>	<p>4</p> <p>Lemon Grass Chicken Brown Rice Farm Fresh Bok Choy with Fresh Ginger and Garlic Whole Grain Dinner Roll Fruit Choice Milk Choice Whole Grain Treat</p>
<p>7</p> <p>Beef and Cheese Totally Taco Whole Grain Bites Corn Niblets with Diced Red Peppers Vegetable Juice Fruit Choice Milk Choice</p>	<p>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>9</p> <p>Whole Grain Cheese Pizza Rainbow Veggie Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p> <p><b>EARLY RELEASE</b></p>	<p>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>11</p> <p>Scotts Jamaican Beef Patty or Turkey Pepperoni and Cheese Pinwheel Curried Cabbage 100% Fruit Juice Fruit Choice Milk Choice</p>
<p>14</p> <p>Whole Grain Cheese Twists with Marinara Sauce Mediterranean Chick Pea Salad with Fresh Parsley and Lemon Zest Vegetable Juice Fruit Choice Milk Choice</p>	<p>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>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>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>18</p> <p>Curried Chicken 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 with Salsa and Chips 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 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 Hash Brown Rounds Vegetable Juice Fruit Choice Milk Choice</p> <p style="text-align: center;"><b>EARLY RELEASE</b></p>	<p style="text-align: center;">31</p> <p>Chicken Pot Roast Mashed Potatoes with Gravy Green Beans Warm Apple Stick Fruit Choice Milk Choice</p>	<p style="text-align: center;"><b>Make time for SCHOOL BREAKFAST!</b></p> <p style="text-align: center;"><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 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**