



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

LUNCH MENU


PRE-PACK SCHOOLS - GRADES K-8

ALLERGEN & CARBOHYDRATE INFORMATION



Where the future is present.

	<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 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 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 23 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>Early Release Whole Grain Cheese Pizza 30 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 Whole Grain Dinner Roll 16 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 Soup 19 WSME 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 Whole Grain Roll 16 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 30 WE with Beef Meatballs 4 M and Marinara Sauce 10 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 style="text-align: center;">MARTIN LUTHER KING DAY NO SCHOOL</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Breaded Baked Chicken Fillet 14 WS on a Whole Grain Roll 23 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 style="text-align: center;">Hamburger 0 on a Whole Grain Roll 23 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 style="text-align: center;">Beef Taco Meat 3 WS and Taco Chips 18 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 style="text-align: center;">All Beef Hot Dog 0 on Whole Grain Roll 23 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 style="text-align: center;">28</p> <p style="text-align: center;">BBQ Chicken 11 WS in a 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 style="text-align: center;">Grilled Chicken Patty 1 WS on a Whole Grain Roll 23 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 style="text-align: center;">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 style="text-align: center;">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;">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 Plate 33 WS with two of the following: Yogurt 19 M, Cheese Stick 1 M, Sunbutter 7 or Sunflowerseeds 11 W ● Whole Grain Sunbutter Sandwich 66 WS ● Assorted Sandwiches on a Whole Grain Roll 23 WSM ● Assorted Salads with Scott's Whole Grain Roll 33 WS ● Black Bean Burger 10 WS on a Whole Grain Roll 23 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