

# LUNCH MENU

## PRE-PACK SCHOOLS - GRADES 9-12

### ALLERGEN & CARBOHYDRATE INFORMATION



MONDAY

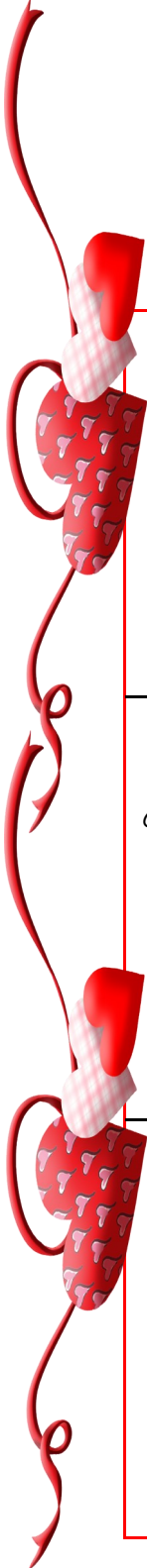
TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

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| <p>4</p> <p>Whole Grain Cheese Pizza 30 WSM<br/>         Celery and Baby Carrot Cup 5 with Low Fat Ranch Dip 5 WSME<br/>         High Protein Orange—Ginger Edamame 10 S<br/>         Fruit Choice 15<br/>         Milk Choice 13, 25, 22 M</p> | <p>5</p> <p>Chicken Fajitas 3 WS with Red Onions, Green and Red Peppers 5<br/>         Whole Grain Flatbread 26 WSM<br/>         Fajita Style Brown Rice 23 WS<br/>         Corn Niblets with Diced Red Peppers 15<br/>         Shredded Cheese 1 M and Salsa 3<br/>         Fruit Choice 15<br/>         Milk Choice 13, 25, 22 M</p> | <p>6</p> <p>Salisbury Steak 5 WSM with Mashed Potatoes 17 SM and Gravy 5 WSME<br/>         Rainbow Swiss Chard 5<br/>         Whole Grain Dinner Roll 16 WS<br/>         Fruit Choice 15<br/>         Milk Choice 13, 25, 22 M</p> | <p>7</p> <p>Oven Roasted Chicken Leg 2 W<br/>         Whole Grain Arroz Con Gandules 25 WS<br/>         Platanos Dulces/Ripe Plantains 58 S<br/>         Lettuce Salad with Shredded Carrots 5 and Choice of Dressing<br/>         Whole Grain Dinner Roll 16 WS<br/>         Fruit Choice 15<br/>         Milk Choice 13, 25, 22 M</p>               | <p>8</p> <p>Local Acadian Red Fish 40 FWM with Tartar Sauce 3 WSE OR Stuffed Cheeseburger 8 WM on a Whole Grain Kaiser Roll 27 WS<br/>         Cinnamon Chipotle Seasoned Potato Wedges 19 WS<br/>         Citrus Beet Salad 5<br/>         Scott's Whole Grain Roll 33 WS<br/>         Fruit Choice 15<br/>         Milk Choice 13, 25, 22 M</p> |
| <p>11</p> <p>Baked Breaded Chicken Chunks 14 WS<br/>         Green Beans 5<br/>         Brown Rice 23<br/>         Whole Grain Biscuit 28 WSM<br/>         Fruit Choice 15<br/>         Milk Choice 13, 25, 22 M</p>                            | <p>12</p> <p>Whole Grain Cheese Pizza 30 WSM<br/>         Celery and Carrot Sticks 5 with Low Fat Ranch Dip 5 WSME<br/>         Vegetable Juice 13<br/>         Fruit Choice 15<br/>         Milk Choice 13, 25, 22 M</p>                                                                                                              | <p>13</p> <p>Grilled Teriyaki Chicken 7 WS on a Whole Grain Roll 27 WS<br/>         Potato Wedges 31 S<br/>         Farm Fresh Vegetable Medley 10<br/>         Fruit Choice 15<br/>         Milk Choice 13, 25, 22 M</p>          | <p>14</p> <p>Baked Potato Conquest Sidewinders 46 S with Cheese Sauce 4 WM and Seasoned Beef 1 WS<br/>         Lime Cilantro Black Beans 15 WS<br/>         Scott's Whole Grain Dinner Roll 33 WS<br/>         100% Fruit Juice 15<br/>         Fruit Choice 15<br/>         Milk Choice 13, 25, 22 M<br/>         Valentine Cookie Treat 19 WSME</p> | <p>15</p> <p>Lemon Grass Chicken 12 S<br/>         Brown Rice 23<br/>         Farm Fresh Bok Choy with Fresh Ginger and Garlic 5<br/>         Whole Grain Dinner Roll 16 WS<br/>         Whole Grain Treat 19 WS<br/>         Fruit Choice 15<br/>         Milk Choice 13, 25, 22 M</p>                                                           |



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| 18<br>PRESIDENT'S DAY<br>NO SCHOOL                                                                                                                                                                                | 19<br>PROFESSIONAL<br>DEVELOPMENT DAY<br>NO SCHOOL                                                                                                                                                                              | 20<br>Scott's Jamaican Beef Patty<br>46 WS OR<br>Whole Grain Cheesy Bread Twists<br>34 WSM<br>with Marinara 5<br>Carrot Coins 5<br>Fruit Choice 15<br>Milk Choice 13, 25, 22 M                  | 21<br>Baked Breaded Chicken Drumstick<br>5 W<br>Macaroni and Cheese 30 WME<br>Farm Fresh Collard Greens 5<br>Cucumber & Baby Carrots 5 with<br>Low Fat Ranch Dip 5 WSME<br>Whole Grain Corn Muffin<br>23 WSME<br>Fruit Choice 15<br>Milk Choice 13, 25, 22 M | 22<br>Whole Grain French Bread<br>Cheese Pizza 29 WSM<br>Curried Cabbage 5<br>100% Fruit Juice 15<br>Fruit Choice 15<br>Milk Choice 13, 25, 22 M                           |
| 25<br>Whole Grain Italian Cheese<br>Stuffed Pocket 33 WSM with<br>Marinara Sauce 5<br>Tex Mex Bean Salad with<br>Fresh Cilantro and Cumin 20<br>Vegetable Juice 13<br>Fruit Choice 15<br>Milk Choice 13, 25, 22 M | 26<br>Baked Pork Choppette 11 WS OR<br>Teriyaki Chicken Dippers 10 WS<br>Brown Rice 23<br>Fresh Cinnamon Spiced Apples 9<br>Broccoli Florets 5<br>Scott's Whole Grain Roll 33 WS<br>Fruit Choice 15<br>Milk Choice 13, 25, 22 M | 27<br>Breaded Chicken Breast Chunks<br>14 WS<br>Cross Trax Sweet Potatoes 23 S<br>Farm Fresh Green Beans 5<br>Whole Grain Corn Muffin<br>23 WSME<br>Fruit Choice 15<br>Milk Choice 13, 25, 22 M | 28<br>Whole Grain Pasta 39 WE with<br>Beef Meatballs 4 M and<br>Marinara Sauce 10<br>Whole Grain Garlic Knots<br>23 WSM<br>Green Zucchini and Summer<br>Squash with Diced Red Peppers 5<br>Fruit Choice 15<br>Milk Choice 13, 25, 22 M                       | <br> |

### 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 nut and artificial trans fat free!

### DAILY ALTERNATIVES

- Whole Grain Bagel Plate 30 WS with two of the following: Yogurt 19 M, Cheese Stick 1 M, Sunbutter 7 or Sunflower Seeds 6 S ● Whole Grain Sunbutter Sandwich 66 WS ● Assorted Sandwiches on a Whole Grain Roll 29 WS ● Assorted Salads with Scott's Whole Grain Roll 33 WS ● Black Bean Burger 10 WS on a Whole Grain Roll 29 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 every day!**

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

**This Is An Equal Opportunity Institution**

