

LUNCH MENU

PRE-PACK SCHOOLS - GRADES 9-12

MONDAY

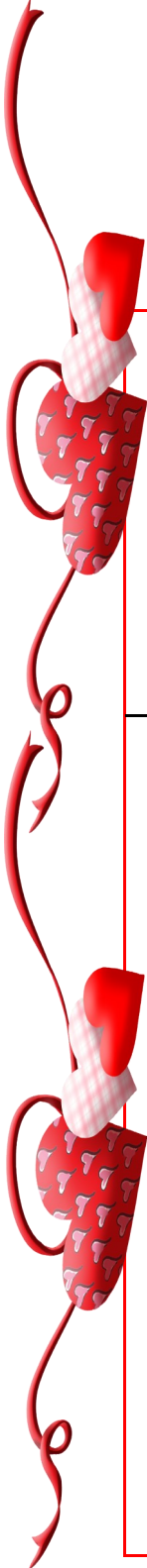
TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

				<p>1</p> <p>BBQ Beef Rib on a Whole Grain Roll Potato Smiles Crisp Cucumber Slices and Red Pepper Strips with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>
<p>4</p> <p>Whole Grain Cheese Pizza High Protein Orange - Ginger Edamame Celery and Baby Carrot Cup with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>5</p> <p>Chicken Fajitas with Red Onions, Green and Red Peppers Whole Grain Flatbread Brown Rice Corn Niblets with Diced Red Peppers Shredded Cheese and Salsa Fruit Choice Milk Choice</p>	<p>6</p> <p>Salisbury Steak with Mashed Potatoes and Gravy Farm Fresh Rainbow Swiss Chard Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p>7</p> <p>Oven Roasted Chicken Leg Brown Rice Platanos Dulces/Ripe Plantains Lettuce Salad with Shredded Carrots and Choice of Dressing Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p>8</p> <p>Local Acadian Red Fish with Tartar Sauce OR Meatloaf on a Whole Grain Roll Cinnamon Chipotle Seasoned Potato Wedges Citrus Beet Salad Scott's Whole Grain Dinner Roll Fruit Choice Milk Choice</p>
<p>11</p> <p>Baked Breaded Chicken Chunks Green Beans Brown Rice Whole Grain Biscuit Fruit Choice Milk Choice</p>	<p>12</p> <p>Whole Grain Cheese Pizza Celery and Carrot Sticks with Low Fat Ranch Dressing Vegetable Juice Fruit Choice Milk Choice</p>	<p>13</p> <p>Grilled Teriyaki Chicken on a Whole Grain Roll Potato Wedges Vegetarian Baked Beans Farm Fresh Vegetable Medley Fruit Choice Milk Choice</p>	<p>14</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 Valentine Cookie Treat</p>	<p>15</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 style="text-align: right;">18</p> <p style="text-align: center;">PRESIDENT'S DAY NO SCHOOL</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">PROFESSIONAL DEVELOPMENT DAY NO SCHOOL</p>	<p style="text-align: right;">20</p> <p style="text-align: center;">Scotts Jamaican Beef Patty OR Twisted Cheesy Bread with Mariana Sauce Carrot Coins Fruit Choice Milk Choice</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">Baked Breaded Chicken Drumstick Macaroni and Cheese Farm Fresh Collard Greens Cucumber Slices and Baby Carrots with Low Fat Ranch Dip Whole Grain Corn Muffin Fruit Choice Milk Choice</p>	<p style="text-align: right;">22</p> <p style="text-align: center;">Whole Grain French Bread Pizza Curried Cabbage 100% Fruit Juice Fruit Choice Milk Choice</p>
<p style="text-align: right;">25</p> <p style="text-align: center;">Oven Toasted Whole Grain Cheese Calzone with Marinara Sauce Tex Mex Bean Salad with Fresh Cilantro and Cumin Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">Baked Pork Choppette OR Teriyaki Chicken Dippers Seasoned Cilantro Lime Brown Rice Broccoli Florets Fresh Cinnamon Spiced Apples Scotts Whole Grain Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">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: right;">28</p> <p style="text-align: center;">Whole Grain Pasta with Beef Meatballs and Marinara Sauce Green Zucchini and Summer Squash with Diced Red Peppers Whole Grain Garlic Knot Fruit Choice Milk Choice</p>	<p style="text-align: center;">Make time for SCHOOL BREAKFAST! 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

**Baby carrots and low fat dip are
offered at lunch every day!**



Remember **ALL** meals include your choice of milk, fruit, and any of the vegetables of the day!



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