

LUNCH MENU

PRE-PACK SCHOOLS - GRADES K-8

ALLERGEN & CARBOHYDRATE INFORMATION



FEBRUARY

MONDAY

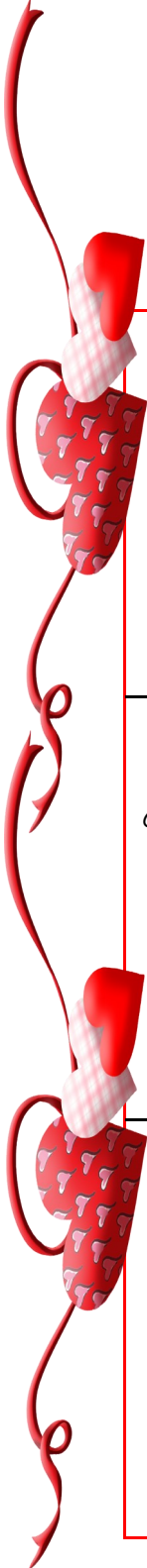
TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

				<p>1</p> <p>BBQ Beef Rib 4 S on a Whole Grain Roll 27 WS Potato Smiles 25 S Crisp Cucumber Slices and Red Pepper Strips 5 with Low Fat Ranch Dip 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p>4</p> <p>Whole Grain Cheese Pizza 30 WSM Celery and Baby Carrot Cup 5 with Low Fat Ranch Dip 5 WSME High Protein Orange—Ginger Edamame 10 S Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>5</p> <p>Chicken Fajitas 3 WS with Red Onions, Green and Red Peppers 5 Whole Grain Flatbread 26 WSM Brown Rice 23 Corn Niblets with Diced Red Peppers 15 Shredded Cheese 1 M and Salsa 3 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>6</p> <p>Salisbury Steak 5 WSM with Mashed Potatoes 17 SM and Gravy 5 WSME Rainbow Swiss Chard 5 Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>7</p> <p>Oven Roasted Chicken Leg 2 W Brown Rice 23 Platanos Dulces/Ripe Plantains 58 S Lettuce Salad with Shredded Carrots 5 and Choice of Dressing Whole Grain Dinner Roll 16 WS Fruit Choice 15 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 Cinnamon Chipotle Seasoned Potato Wedges 19 WS Citrus Beet Salad 5 Scott's Whole Grain Roll 33 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p>11</p> <p>Baked Breaded Chicken Chunks 14 WS Green Beans 5 Brown Rice 23 Whole Grain Biscuit 28 WSM Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>12</p> <p>Whole Grain Cheese Pizza 30 WSM Celery and Carrot Sticks 5 with Low Fat Ranch Dip 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p>13</p> <p>Grilled Teriyaki Chicken 7 WS on a Whole Grain Roll 23 WS Potato Wedges 31 S Farm Fresh Vegetable Medley 10 Fruit Choice 15 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 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 Valentine Cookie Treat 19 WSME</p>	<p>15</p> <p>Lemon Grass Chicken 12 S Brown Rice 23 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>



18 PRESIDENT'S DAY NO SCHOOL	19 PROFESSIONAL DEVELOPMENT DAY NO SCHOOL	20 Scott's Jamaican Beef Patty 46 WS OR Whole Grain Cheesy Bread Twists 34 WSM with Marinara 5 Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 25, 22 M	21 Baked Breaded Chicken Drumstick 5 W Macaroni and Cheese 30 WME Farm Fresh Collard Greens 5 Cucumber & Baby Carrots 5 with Low Fat Ranch Dip 5 WSME Whole Grain Corn Muffin 23 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M	22 Whole Grain French Bread Cheese Pizza 29 WSM Curried Cabbage 5 100% Fruit Juice 15 Fruit Choice 15 Milk Choice 13, 25, 22 M
25 Whole Grain Italian Cheese Stuffed Pocket 33 WSM with Marinara Sauce 5 Tex Mex Bean Salad with Fresh Cilantro and Cumin 20 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M	26 Baked Pork Choppette 11 WS OR Teriyaki Chicken Dippers 10 WS Brown Rice 23 Fresh Cinnamon Spiced Apples 9 Broccoli Florets 5 Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 25, 22 M	27 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	28 Whole Grain Pasta 30 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	 

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

