



LUNCH MENU

GRADES 6-12



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Beef and Cheese Totally Taco Whole Grain Bites Corn Niblets with Diced Red Peppers Vegetable Juice Fruit Choice Milk Choice</p>	<p>2</p> <p>Breaded Baked Chicken Fillet on a Whole Grain Roll Vegetarian Baked Beans Sweet Potato Wedges Fruit Choice Milk Choice</p>	<p>3</p> <p>Whole Grain Cheese French Bread Pizza Rainbow Veggie Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>4</p> <p>Baked Breaded Chicken Drumstick Macaroni and Cheese Farm Fresh Collard Greens Cucumber Slices and Baby Grape Tomatoes with Low Fat Ranch Dip Whole Grain Corn Muffin Fruit Choice Milk Choice</p>	<p>5</p> <p>Scotts Jamaican Beef Patty or Whole Grain Cheesy Bread Twists with Marinara Sauce Curried Cabbage 100% Fruit Juice Fruit Choice Milk Choice</p>
<p>8</p> <p>SPRING RECESS NO SCHOOL</p>	<p>9</p> <p>SPRING RECESS NO SCHOOL</p>	<p>10</p> <p>SPRING RECESS NO SCHOOL</p>	<p>11</p> <p>SPRING RECESS NO SCHOOL</p>	<p>12</p> <p>SPRING RECESS NO SCHOOL</p>
<p>15</p> <p>Whole Grain Personal Cheese Pizza Carrot and Celery Sticks with Low Fat Ranch Dip 100% Fruit Juice Fruit Choice Milk Choice</p>	<p>16</p> <p>Baked Breaded Chicken and Whole Grain Mini Waffles with Smart Balance Margarine and Syrup Farm Fresh Veggie Sticks and Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>	<p>17</p> <p>Hamburger on a Whole Grain Roll Lettuce and Sliced Tomato Oven Baked Yucca Sticks Fruit Choice Milk Choice EARLY RELEASE</p>	<p>18</p> <p>Turkey Taco Meat and Taco Chips Fiesta Beans Salad with Fresh Cilantro Fajita Style Brown Rice Shredded Lettuce and Tomato Shredded Cheese Fruit Choice Milk Choice</p>	<p>19</p> <p>GOOD FRIDAY NO SCHOOL</p>



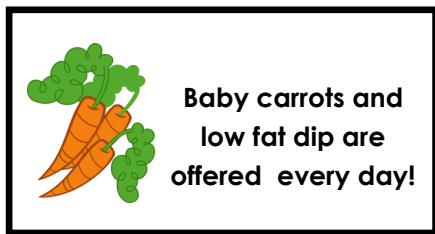
22	23	24	25	26
<p>Cherry Blossom Chicken Seasoned Brown Rice Broccoli Spears Whole Grain Egg Roll Fruit Choice Milk Choice</p>	<p>All Beef Hot Dog on Whole Grain Roll Vegetarian Baked Beans Carrot Coins Fruit Choice Milk Choice</p>	<p>Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty HartfordFRESH Homefries Vegetable Juice Fruit Choice Milk Choice</p>	<p>Turkey Pot Roast Mashed Potatoes with Gravy Farm Fresh Green Beans Warm Apple Stick Fruit Choice Milk Choice</p>	<p>BBQ Beef Rib on a Whole Grain Roll OR Scott's Coco Bite Potato Smiles Farm Fresh Steamed Kale Vegetable Juice Fruit Choice Milk Choice</p>
29	30	<p>DID YOU KNOW?</p> <ul style="list-style-type: none"> ● 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! 		
<p>Whole Grain Fresh Vegetable or Cheese Stuffed Crust Pizza OR Scott's Jamaican Beef Patty High Protein Orange - Ginger Edamame Vegetable Juice Celery and Cherry Tomato Cup with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>Chicken Fajitas with Red Onions, Green and Red Peppers Whole Grain Flatbread Fajita Style Brown Rice Corn Niblets with Diced Red Peppers Shredded Cheese and Salsa Fruit Choice Milk Choice</p>			

**Make time for
SCHOOL BREAKFAST!**

**Breakfast is served Daily
in ALL our schools!**



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