

# March

## LUNCH MENU GRADES 6-12

### ALLERGY & CARBOHYDRATE INFORMATION



Where the future is present

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

#### MARCH IS DAIRY MONTH!

Milk: A Nutrition Power House with 9 essential nutrients to fuel your day!

Did you know that Milk served in all our schools is served from a local CT family owned dairy without Rbst?



1

Curried Chicken 3 WS  
Seasoned Brown Rice 23 WS  
Whole Grain Egg Roll 22 WSE  
Green Peas 15  
Fresh Shredded Carrot & Raisin Salad 8 SE  
Fruit Choice 15  
Milk Choice 13, 25, 22 M

4

#### Snow Day

5

Whole Grain Personal Pizza 35 WSM  
Carrot Sticks and Celery Sticks 5 with Low Fat Ranch Dip 5 WSME  
100% Fruit Juice 15  
Fruit Choice 15  
Milk Choice 13, 25, 22 M

6

#### Early Release

Baked Breaded Chicken 14 WS and Whole Grain Waffles 38 WSME with Smart Balance Margarine 0 S and Syrup 25 Sugar Free Syrup 5  
Steamed Farm Fresh Spinach with Diced Red Peppers 5  
Farm Fresh Veggie Sticks 5 and Low Fat Ranch Dip 5 WSME  
Vegetable Juice 13  
Fruit Choice 15 Milk Choice 13, 25, 22 M

7

Hamburger 0 on a Whole Grain Roll 27 WS  
Lettuce and Sliced Tomato 5  
Oven Baked Yucca Sticks 42  
Oven Roasted Cinnamon Butternut Squash 10  
Fruit Choice 15  
Milk Choice 13, 25, 22 M

8

Turkey Taco Meat 3 S and Taco Chips 26  
Fiesta Bean Salad with Fresh Cilantro 15  
Fajita Style Brown Rice 23 WS  
Shredded Lettuce and Tomato 5  
Shredded Cheese 1 S  
Fruit Choice 15  
Milk Choice 13, 25, 22 M

11

Cherry Blossom Chicken 27 WE  
Seasoned Brown Rice 23 WS  
Broccoli Spears 5  
Whole Grain Egg Roll 22 WSE  
Fruit Choice 15  
Milk Choice 13, 25, 22 M

12

All Beef Hot Dog 0 on Whole Grain Roll 27 WS  
Vegetarian Baked Beans 30  
Carrot Coins 5  
Fruit Choice 15  
Milk Choice 13, 25, 22 M  
Pre-K Only: Whole Grain Pizza

13

Whole Grain French Toast Sticks 37 WSE with Syrup 25 Sugar Free Syrup 5  
Chicken Sausage Patty 1  
Hartford FRESH Homefries 15  
Vegetable Juice 13  
Fruit Choice 15  
Milk Choice 13, 25, 22 M

14

Turkey Pot Roast 5 WSME  
Mashed Potatoes 17 MS with Gravy 5 WSME  
Farm Fresh Green Beans 5  
Fruit Choice 15  
Milk Choice 13, 25, 22 M  
Warm Apple Stick 38 WS

15

BBQ Beef Rib 4 S on a Whole Grain Roll 27 WS OR  
Scott's Coco Bite 33 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 style="text-align: center;"><b>18</b></p> <p>Whole Grain Fresh Vegetable or Stuffed Crust Cheese Pizza 44 WSM Celery and Cherry Tomato Cup 5 with Low Fat Ranch Dip 5 WSME High Protein Orange—Ginger Edamame 10 S Minestrone Soup 18 WSE Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: center;"><b>19</b></p> <p>Chicken Fajitas 3 WS with Red Onions, Green and Red Peppers 5 Whole Grain Flatbread 26 WSM Fajita Style Brown Rice 23 WS Corn Niblets with Diced Red Peppers 15 Tex Mex Bean Salad with Fresh Cilantro and Cumin 20 Shredded Cheese 1 M and Salsa 3 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: center;"><b>20</b></p> <p>Salisbury Steak 5 WSM with Mashed Potatoes 17 SM and Gravy 5 WSME OR Crispy Chicken Specialty Salad 14 WS Rainbow Swiss Chard 5 Whole Grain Garlic Knots 23 WSM Fruit Choice 15 Milk Choice 13, 25, 22 M Whole Grain Treat 19 WS</p>	<p style="text-align: center;"><b>21</b></p> <p>Oven Roasted Chicken Leg 2 W Whole Grain Arroz Con Gandules 25 WS Platanos Dulces/Ripe Plantains 58 S Green Lettuce Salad with Baby Grape Tomatoes &amp; Shredded Carrots 5 and Choice of Dressing Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: center;"><b>22</b></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 style="text-align: center;"><b>25</b></p> <p>Breaded Chicken Breast Chunks 14 WS Green Beans 5 Whole Grain Cheesy Herb Biscuit 28 WSM Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: center;"><b>26</b></p> <p>Baked Potato Conquest Sidewinders 46 S with Cheese Sauce 4 WM and Seasoned Beef 1 WS Lime Cilantro Black Beans 15 WS Scott's Whole Grain Dinner Roll 33 WS 100% Fruit Juice 15 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: center;"><b>27</b></p> <p>BBQ 11 W Pulled Pork 0 on a Whole Grain Roll 27 WS OR Grilled Teriyaki Chicken 7 WS on a Whole Grain Roll 27 WS Potato Wedges 31 S Farm Fresh Vegetable Medley 10 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: center;"><b>28</b></p> <p>Whole Grain Cheese Pizza 34 WM OR Philly Cheese Steak 4 WM with Peppers and Onions 5 on a French Roll 27 WS Celery and Carrot Sticks 5 with Low Fat Ranch Dressing 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: center;"><b>29</b></p> <p>Lemon Grass Chicken 12 S Seasoned Brown Rice 23 WS Farm Fresh Bok Choy with Fresh Ginger and Garlic 5 Whole Grain Dinner Roll 16 WS Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</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 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 ● Yogurt Parfait 83 WMS  
Whole Grain Pretzels 15 W ● 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**

**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!



**Make time for SCHOOL BREAKFAST!**  
Breakfast is served Daily in ALL our schools!



Although we make every effort to serve menus as planned, this

This Is An Equal Opportunity Institution