

March

LUNCH MENU GRADES K-8

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 Farm Fresh Veggie Sticks 5 and Low Fat Ranch Dip 5 WSME Steamed Farm Fresh Spinach with Diced Red Peppers 5 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M

7

Hamburger 0 on a Whole Grain Roll 23 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

TurkeyTaco Meat 3 S and Taco Chips 18 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 Fruit Choice 15 Milk Choice 13, 25, 22 M

12

All Beef Hot Dog 0 on Whole Grain Roll 23 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 HartfordFRESH 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 20 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

18 Whole Grain Fresh Vegetable or Stuffed Crust Cheese Pizza 30 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	19 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 Shredded Cheese 1 M and Salsa 3 Fruit Choice 15 Milk Choice 13, 25, 22 M	20 Salisbury Steak 5 WSM with Mashed Potatoes 17 SM and Gravy 5 WSME Rainbow Swiss Chard 5 Whole Grain Garlic Knots 23 WSM Fruit Choice 15 Milk Choice 13, 25, 22 M	21 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 & Shredded Carrots 5 and Choice of Dressing Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 25, 22 M	22 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
25 Baked Breaded Chicken Chunks 14 WS Green Beans 5 Cilantro Lime Brown Rice 23 WSM Fruit Choice 15 Milk Choice 13, 25, 22 M	26 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	27 BBQ 11 W Pulled Pork 0 on a Whole Grain Roll 23 WS OR 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	28 Whole Grain Cheese Pizza 34 WM Celery and Carrot Sticks 5 with Low Fat Ranch Dressing 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M	29 Lemon Grass Chicken 12 S Seasoned Brown Rice 23 WS Farm Fresh Bok Choy with Fresh Ginger and Garlic 5 Whole Grain Treat 19 WS 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

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

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!



This Is An Equal Opportunity Institution