

March

LUNCH MENU

PRE-PACK SCHOOLS - GRADES 9-12

ALLERGEN & CARBOHYDRATE INFORMATION



Where the future is present

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MARCH IS DAIRY MONTH!

Milk: A Nutritious 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 Vegetable Egg Roll
22 WSE
Green Peas 15
Fresh Shredded Carrot & Raisin
Salad 8 SE
Fruit Choice 15
Milk Choice 13, 25, 20 M

4

Snow Day

Whole Grain Cheese Pizza 30 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

5

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

6

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

BeefTaco Meat 0 and Taco Chips 26
Salsa 3
Mediterranean Chick Pea Salad with
Fresh Parsley and Lemon Zest 15
Brown Rice 23
Shredded Lettuce and Tomato 5
Shredded Cheese 1 S
Fruit Choice 15
Milk Choice 13, 25, 22 M

11

Cherry Blossom Chicken 27 WE
Brown Rice 23 WS
Broccoli Florets 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
Hash Brown Rounds 16 S
Vegetable Juice 13
Fruit Choice 15
Milk Choice 13, 25, 22 M

14

Chicken 0 Pot Roast
Mashed Potatoes 13 S
with Gravy 5 WSME
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
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

18	19	20	21	22
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 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M	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	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	Oven Roasted Chicken Leg 2 W Whole Grain Arroz Con Gandules 25 WS Platanos Dulces/Ripe Plantains 58 S Green 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	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	26	27	28	29
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	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	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	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	Lemon Grass Chicken 12 S Brown Rice 23 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

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

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 menu may change without notice.

This Is An Equal Opportunity Institution