

# March

## LUNCH MENU

### PRE-PACK SCHOOLS - GRADES K-8 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

4

#### Snow Day

5

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

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  
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

Beef Taco Meat 0 and  
Taco Chips 18 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  
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  
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 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

<p><b>18</b></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><b>19</b></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><b>20</b></p> <p>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</p>	<p><b>21</b></p> <p>Oven Roasted Chicken Leg 2 W Brown Rice 23 Platanos Dulces/Ripe Plantains 58 S Green Lettuce Salad with Shredded Carrots 5 and Choice of Dressing Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p><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 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>
<p><b>25</b></p> <p>Baked Breaded Chicken Chunks 14 WS Green Beans 5 Brown Rice 23 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p><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 Whole Grain Dinner Roll 16 WS 100% Fruit Juice 15 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p><b>27</b></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><b>28</b></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><b>29</b></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>

### 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**