



LUNCH MENU K-8

ALLERGEN & CARBOHYDRATE INFORMATION



MONDAY

TUESDAY

WEDNESDAY


THURSDAY

FRIDAY

		1 Salisbury Steak 5 WSM with Mashed Potatoes 17 SM and Gravy 5 WSME Carrot Coins 5 Whole Grain Garlic Knots 23 WSM Fruit Choice 15 Milk Choice 13, 25, 22 M	2 Oven Roasted Chicken Leg 2 W Arroz Con Gandules 25 WS Broccoli Spears 5 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	3 Stuffed Cheeseburger 8 WM on a Whole Grain Kaiser Roll 27 WS Cinnamon Chipotle Seasoned Potato Wedges 19 WS Fruit Choice 15 Milk Choice 13, 25, 22 M
6 Baked Breaded Chicken Chunks 14 WS Green Beans 5 Cilantro Lime Brown Rice 23 WSM Fruit Choice 15 Milk Choice 13, 25, 22 M	7 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 Fruit Choice 15 Milk Choice 13, 25, 22 M	8 BBQ Chicken 11 WS on a Whole Grain Roll 23 WS Potato Wedges 19 WS Fruit Choice 15 Milk Choice 13, 25, 22 M	9 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	10 Lemon Grass Chicken 12 S Seasoned Brown Rice 23 WS Broccoli Spears 5 Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 25, 22 M
13 Beef and Cheese Totally Taco Whole Grain Bites 30 WSM Corn Niblets 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M	14 Breaded Baked Chicken Fillet 14 WS on a Whole Grain Roll 23 WS Vegetarian Baked Beans 30 Sweet Potato Wedges 31 S Fruit Choice 15 Milk Choice 13, 25, 22 M	15 Early Release Whole Grain Cheese French Bread Pizza 33 WSM Rainbow Veggie Sticks 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M	16 Baked Breaded Chicken Drumstick 5 W Macaroni and Cheese 18 WME Broccoli Spears 5 Whole Grain Corn Muffin 23 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M	17 Whole Grain Cheesy Bread Twists 34 WSM with Marinara 5 Curried Cabbage 5 Fruit Choice 15 Milk Choice 13, 25, 22 M

<p style="text-align: right;">20</p> <p>Whole Grain Italian Cheese Stuffed Pocket 33 WSM with Marinara Sauce 5 Tex Mex Bean Salad with Fresh Cilantro and Cumin 20 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">21</p> <p>Baked Pork Choppette 11 WS OR Teriyaki Chicken Dippers 8 WS Seasoned Cilantro Lime Brown Rice 23 WS Fresh Cinnamon Spiced Apples 9 Broccoli Florets 5 Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">22</p> <p>Lemon Grass Chicken 12 S Seasoned Brown Rice 23 WS Green Peas 15 Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">23</p> <p>Whole Grain Pasta 30 WE with Beef Meatballs 4 M and Marinara Sauce 10 Mixed Vegetables 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">24</p> <p>Baked Breaded Chicken 14 WS and Whole Grain Waffles 38 WSME with Smart Balance Margarine 0 S and Syrup 25 Sugar Free Syrup 5 Baby Carrots 5 and Low Fat Ranch Dip 5 WSME Vegetable Juice 13 Fruit Choice 15</p>
<p style="text-align: right;">27</p> <p style="text-align: center;">MEMORIAL DAY NO SCHOOL</p>	<p style="text-align: right;">28</p> <p>Cherry Blossom Chicken 27 WE Seasoned Brown Rice 23 WS Green Peas 15 Whole Grain Egg Roll 22 WSE Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">29</p> <p style="text-align: center;">Early Release</p> <p>BBQ Chicken 11 WS on a Whole Grain Roll 23 WS Vegetarian Baked Beans 30 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>	<p style="text-align: right;">30</p> <p>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</p>	<p style="text-align: right;">31</p> <p>Oven Baked Breaded Chicken Tenders 12 WS Cilantro Lime Brown Rice 23 WS Broccoli Spears 5 Fruit Choice 15 Milk Choice 13, 25, 22 M</p>


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 every day!**

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!



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 11 W ● Whole Grain Sunbutter Sandwich 66 WS ● Assorted Sandwiches on a Whole Grain Roll 29 WSM ● 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 Sunflower seeds 11 W, Carrots 5, Whole Grain Crackers 30 WS

Although we make every effort to serve menus as planned, this menu may change without notice.