



# LUNCH MENU

## PRE-PACK SCHOOLS - GRADES 9-12

### ALLERGEN & CARBOHYDRATE INFORMATION



MONDAY

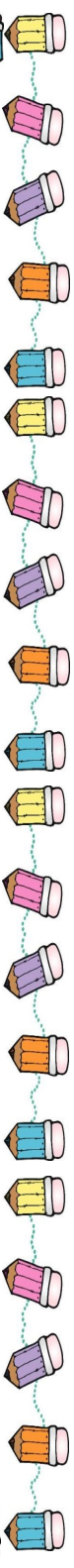
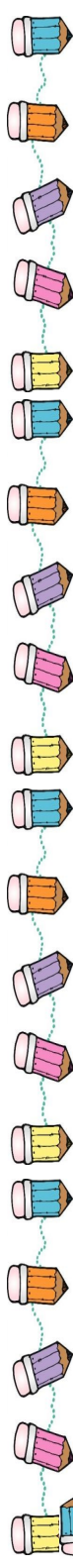
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1	2	3
		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	Oven Roasted Chicken Leg 2 W Arroz Con Gandules 25 WS 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	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	7	8	9	10
Baked Breaded Chicken Chunks 14 WS Green Beans 5 Brown Rice 23 Scott's Whole Grain Roll 33 WS 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	BBQ Chicken 11 WS on a Whole Grain Roll 27 WS Oven Baked Potato Wedges 19 S 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 Broccoli 5 Whole Grain Dinner Roll 16 WS Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 25, 22 M
13	14	15	16	17
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	Breaded Baked Chicken Fillet 14 WS on a Whole Grain Roll 27 WS Vegetarian Baked Beans 30 Sweet Potato Wedges 31 S Fruit Choice 15 Milk Choice 13, 25, 22 M	<b>Early Release</b> Whole Grain Cheese Pizza 30 WSM Rainbow Veggie Sticks 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M	Baked Breaded Chicken Drumstick 5 W Macaroni and Cheese 30 WME Broccoli Spears 5 Cucumber & Baby Carrots 5 with Low Fat Ranch Dip 5 WSME Whole Grain Corn Muffin 23 WSME Fruit Choice 15 Milk Choice 13, 25, 22 M	Whole Grain Cheesy Bread Twists 34 WSM with Marinara 5 Curried Cabbage 5 Fruit Choice 15 Milk Choice 13, 25, 22 M




20	21	22	23	24
<p>Whole Grain Italian Cheese Stuffed Pocket 33 WSM with Marinara Sauce 5</p> <p>Tex Mex Bean Salad with Fresh Cilantro and Cumin 20</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>Baked Pork Choppette 11 WS OR Teriyaki Chicken Dippers 10 WS</p> <p>Brown Rice 23</p> <p>Fresh Cinnamon Spiced Apples 9</p> <p>Broccoli Florets 5</p> <p>Scott's Whole Grain Roll 33 WS</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>Lemon Grass Chicken 12 S</p> <p>Brown Rice 23</p> <p>Green Peas 15</p> <p>Whole Grain Dinner Roll 16 WS</p> <p>Whole Grain Treat 19 WS</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>Whole Grain Pasta 39 WE with Beef Meatballs 4 M and Marinara Sauce 10</p> <p>Whole Grain Garlic Knots 23 WSM</p> <p>Mixed Vegetables 5</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</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</p> <p>Baby Carrots 5 and Low Fat Ranch Dip 5 WSME</p> <p>Vegetable Juice 13</p> <p>Fruit Choice 15</p>
27	28	29	30	31
<p>MEMORIAL DAY</p> <p>NO SCHOOL</p>	<p>Cherry Blossom Chicken 27 WE</p> <p>Brown Rice 23 WS</p> <p>Green Peas 15</p> <p>Whole Grain Egg Roll 22 WSE</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p><b>Early Release</b></p> <p>BBQ Chicken 11 WS on a Whole Grain Roll 27 WS</p> <p>Vegetarian Baked Beans 30</p> <p>Vegetable Juice 13</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>Beef Taco Meat 0 and Taco Chips 26 Salsa 3</p> <p>Mediterranean Chick Pea Salad with Fresh Parsley and Lemon Zest 15</p> <p>Brown Rice 23</p> <p>Shredded Lettuce and Tomato 5</p> <p>Shredded Cheese 1 S</p> <p>Fruit Choice 15</p> <p>Milk Choice 13, 25, 22 M</p>	<p>Oven Baked Breaded Chicken Tenders 16 WS</p> <p>Brown Rice 23</p> <p>Broccoli Spears 5</p> <p>Whole Grain Dinner Roll 16 WS</p> <p>Fruit Choice 15</p> <p>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 Sunflowerseeds 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.*

**This Is An Equal Opportunity Institution**