



LUNCH MENU

PRE-PACK SCHOOLS - GRADES 9-12



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Salisbury Steak with Mashed Potatoes and Gravy Carrot Coins Whole Grain Garlic Knots Fruit Choice Milk Choice	2 Oven Roasted Chicken Leg Brown Rice Green Lettuce Salad with Shredded Carrots and Choice of Dressing Whole Grain Dinner Roll Fruit Choice Milk Choice	3 Stuffed Cheese Burger on a Whole Grain Roll Cinnamon Chipotle Fruit Choice Milk Choice
6 Baked Breaded Chicken Chunks Green Beans Brown Rice Scott's Whole Grain Dinner Roll Fruit Choice Milk Choice	7 Baked Potato Conquest Sidewinders with Cheese Sauce and Seasoned Beef Lime Cilantro Black Beans Scott's Whole Grain Dinner Roll 100% Fruit Juice Fruit Choice Milk Choice	8 BBQ Pulled Chicken on a Whole Grain Roll Oven Baked Potato Wedges Fruit Choice Milk Choice	9 Whole Grain Cheese Pizza Celery and Carrot Sticks with Low Fat Ranch Dressing Vegetable Juice Fruit Choice Milk Choice	10 Lemon Grass Chicken Brown Rice Broccoli Spears Whole Grain Dinner Roll Fruit Choice Milk Choice Whole Grain Treat
13 Beef and Cheese Totally Taco Whole Grain Bites Corn Niblets Vegetable Juice Fruit Choice Milk Choice	14 Breaded Baked Chicken Fillet on a Whole Grain Roll Vegetarian Baked Beans Sweet Potato Wedges Fruit Choice Milk Choice	15 Early Release Whole Grain Cheese French Bread Pizza Rainbow Veggie Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice	16 Baked Breaded Chicken Drumstick Macaroni and Cheese Broccoli Spears Whole Grain Corn Muffin Fruit Choice Milk Choice	17 Whole Grain Cheesy Bread Twists with Marinara Sauce Curried Cabbage Fruit Choice Milk Choice

<p style="text-align: right;">20</p> <p>Whole Grain Italian Cheese Stuffed Pocket with Marinara Sauce Tex Mex Bean Salad with Fresh Cilantro and Cumin Fruit Choice Milk Choice</p>	<p style="text-align: right;">21</p> <p>Baked Pork Choppette OR Teriyaki Chicken Dippers Brown Rice Farm Fresh Broccoli Florets Fresh Cinnamon Spiced Apples Scott's Whole Grain Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">22</p> <p>Lemon Grass Chicken Seasoned Brown Rice Green Peas Whole Grain Dinner Roll Fruit Choice Milk Choice Whole Grain Treat</p>	<p style="text-align: right;">23</p> <p>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Whole Grain Garlic Knots Mixed Vegetables Fruit Choice Milk Choice</p>	<p style="text-align: right;">24</p> <p>Baked Breaded Chicken and Whole Grain Mini Waffles with Smart Balance Margarine and Syrup Baby Carrots with Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>
<p style="text-align: center;">27</p> <p style="text-align: center;">MEMORIAL DAY</p> <p style="text-align: center;">NO SCHOOL</p>	<p style="text-align: right;">28</p> <p>Cherry Blossom Chicken Brown Rice Green Peas Whole Grain Vegetable Egg Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">29</p> <p style="text-align: center;">Early Release</p> <p>BBQ Chicken on a Whole Grain Roll Vegetarian Baked Beans Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">30</p> <p>Beef Taco Meat and Taco Chips Fiesta Beans Salad with Brown Rice Shredded Lettuce and Tomato Shredded Cheese Fruit Choice Milk Choice</p>	<p style="text-align: right;">31</p> <p>Oven Baked Breaded Chicken Tenders Broccoli Spears Brown Rice Fruit Choice Milk Choice</p>

DAILY ALTERNATIVES

- Whole Grain Bagel Protein Plate with 2 of the following: Yogurt, Cheese Stick, Sunbutter or Sunflower Seeds
- Whole Grain Sunbutter Sandwich
- Assorted Sandwiches on a Whole Grain Roll
- Assorted Salads with Scott's Whole Grain Roll
- Black Bean Burger on a Whole Grain Roll
- Vegetarian Hummus Plate with Sunflower seeds, Carrots, Whole Grain Crackers

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 artificial and trans fat free!



Baby carrots and low fat dip are offered every day!