



LUNCH MENU

PRE-PACK SCHOOLS - GRADES K-8

ALLERGEN & CARBOHYDRATE INFORMATION



MONDAY

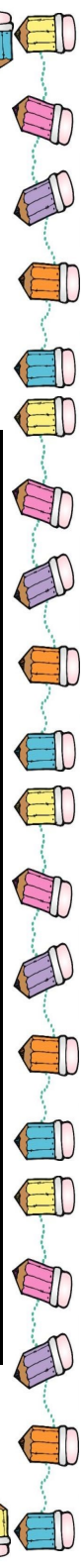
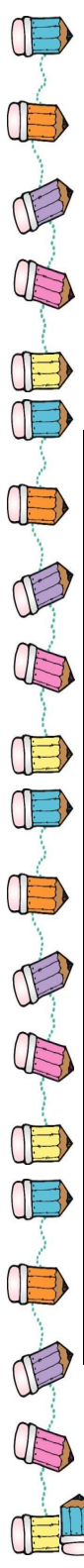
TUESDAY

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 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 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 Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 25, 22 M	BBQ Chicken 11 WS on a Whole Grain Roll 23 WS Potato Wedges 19 WS Fruit Choice 15 Milk Choice 13, 25, 22 M	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	Lemon Grass Chicken 12 S Brown Rice 23 Broccoli Spears 5 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 23 WS Vegetarian Baked Beans 30 Sweet Potato Wedges 31 S Fruit Choice 15 Milk Choice 13, 25, 22 M	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	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	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 Brown Rice 23 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 Brown Rice 23 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>Beef Taco Meat 0 and Taco Chips 18 Salsa 3 Fiesta Bean Salad 15 Brown Rice 23 Shredded Lettuce and Tomato 5 Shredded Cheese 1 S Fruit Choice 15 Milk Choice 13, 25, 22 M</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.

This Is An Equal Opportunity Institution