

June

LUNCH MENU K-8



ALLERGEN & CARBOHYDRATE INFORMATION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3	4	5	6	7
<p>Cherry Blossom Chicken 27 WE Seasoned Brown Rice 23 WS Broccoli Spears 5 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</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 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>Hamburger 0 on a Whole Grain Roll 23 WS Lettuce and Sliced Tomato 5 Oven Baked Potato Wedges 19 WS Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>Turkey Pot Roast 5 WSME Mashed Potatoes 17 MS with Gravy 5 WSME Mixed Vegetables 5 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate) Warm Apple Stick 38 WS</p>	<p>BBQ Beef Rib 4 S on a Whole Grain Roll 27 WS Potato Smiles 20 S Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>
10	11	12		
<p>All Beef Hot Dog 0 on Whole Grain Roll 23 WS Vegetarian Baked Beans 30 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate) Pre-K Only: Whole Grain Pizza</p>	<p>Baked Breaded Chicken Chunks 14 WS Cross Trax Sweet Potatoes 23 S Whole Grain Corn Muffin 23 WSME Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>Early Release Whole Grain Personal Pizza 35 WSM Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>		

Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg

Grams of Carbohydrate are indicated by the number following the menu item

Make time for SCHOOL BREAKFAST!

Breakfast is served Daily in ALL our schools!



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

sandwiches • salads • fruits • milk

Free Summer Meals!

Comidas de Verano Gratis!

Kids and teens 18 and under
Niños y adolescentes de 18 años y menos

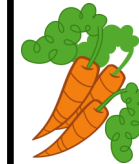
EHC! **USDA** **CSDE**

FOR SITES NEAR YOU, CALL/LLAME **211**
TEXT **CTmeals** TO **877877**
www.CTSummerMeals.org

USDA IS AN EQUAL OPPORTUNITY PROVIDER



Remember **ALL** meals include your choice of milk, fruit, and any of the vegetables of the day!



Baby carrots and low fat dip are offered every day!

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

This Is An Equal Opportunity Institution

