

# June

## LUNCH MENU

### PRE-PACK SCHOOLS - GRADES 9-12 ALLERGEN & CARBOHYDRATE INFORMATION



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: right;"><b>3</b></p> <p>Cherry Blossom Chicken 27 WE Brown Rice 23 WS Broccoli Florets 5 Whole Grain Egg Roll 22 WSE Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;"><b>4</b></p> <p>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 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;"><b>5</b></p> <p>Hamburger 0 on a Whole Grain Roll 27 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 style="text-align: right;"><b>6</b></p> <p>Chicken 0 Pot Roast Mashed Potatoes 13 S 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 style="text-align: right;"><b>7</b></p> <p>BBQ Beef Rib 4 S on a Whole Grain Roll 27 WS Potato Smiles 25 S Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>
<p style="text-align: right;"><b>10</b></p> <p>All Beef Hot Dog 0 on Whole Grain Roll 27 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 style="text-align: right;"><b>11</b></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 style="text-align: right;"><b>12</b></p> <p><b>Early Release</b></p> <p>Whole Grain Cheese Pizza 30 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

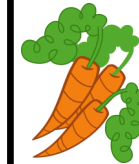
**EHC!** **USDA** **CSDE**

FOR SITES NEAR YOU, CALL/LLAME **211**  
TEXT **CTmeals** TO **877877**  
[www.CTSummerMeals.org](http://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**

