

AUGUST/SEPTEMBER 2019 LUNCH MENU GRADES 6-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>August 27</p> <p>Breaded Chicken on a Whole Grain Roll Cross Trax Sweet Potatoes Carrot Sticks & Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>28</p> <p>Whole Grain Waffles & Baked Breaded Chicken Drumstick Vegetable Juice Cucumber slices & Red Pepper Sticks With Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>29</p> <p>Tex Mex Potato Bar with Seasoned Beef & Cheese Sauce Whole Grain Scott's Roll Farm Fresh Broccoli Cilantro Lime Black Beans Fruit Choice Milk Choice</p>	<p>30</p> <p>Whole Grain Beef & Cheese Taco Bites Corn Niblets with Diced Red Peppers Carrot Sticks & Low Fat Ranch Dip Fruit Choice Milk Choice</p>
<p>September 2</p> <p>LABOR DAY NO SCHOOL</p>	<p>3</p> <p>Whole Grain Cheese Pizza Vegetable Juice Fruit Choice Milk Choice</p>	<p>4</p> <p>Roasted Chicken Leg Arroz Con Gandules (Rice with Pigeon Peas) Platanos Dulces Carrot Sticks & Low Fat Ranch Dip Whole Grain Dinner Roll Fruit Choice</p>	<p>5</p> <p>All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Local Fresh Carrot Coins Fruit Choice Milk Choice Pre-K (ONLY): Chicken tenders</p>	<p>6</p> <p>Jamaican Beef Patty OR Grilled Chicken on a Whole Grain Bun Curried Cabbage Rosemary Red Skin Potatoes Fruit Choice Milk Choice</p>
<p>9</p> <p>Whole Grain Big Daddy Cheese Pizza OR Philly Cheese Steak on a Whole Grain French Bread Roll Green Peas Vegetable Juice Fruit Choice Milk Choice</p>	<p>10</p> <p>Oven Baked Pork Choppette OR Teriyaki Chicken Dippers Cilantro Lime Brown Rice Farm Fresh Green Beans Carrot Sticks & Low-fat Ranch Dip Fresh Local Cinnamon Spiced Apples Whole Grain Dinner Roll Fruit Choice</p>	<p>11</p> <p>Early Release Oven Baked Breaded Chicken Tenders Farm Fresh Collard Greens Mediterranean Chickpea Salad with Fresh Parsley and Lemon Zest Whole Grain Biscuit Fruit Choice Milk Choice</p>	<p>12</p> <p>Chicken Fajitas Whole Grain Flatbread w/Red Onion Green & Red Peppers Shredded Cheese & Salsa Corn Niblets with Diced Red Peppers Carrot Sticks & Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>13</p> <p>Hamburger on a Whole Grain Roll Carrot Sticks & Low Fat Ranch Dip Potato Smiles Fruit Choice Milk Choice</p>
<p>16</p> <p>Salisbury Steak Mashed Potatoes with Gravy Mixed Vegetables Whole Grain Dinner Roll Whole Grain Smart Cookies Fruit Choice Milk Choice</p>	<p>17</p> <p>Whole Grain Pasta With Beef Meatballs and Marinara Sauce Green Zucchini & Summer Squash with diced red peppers Carrot Sticks & Low-Fat Ranch Dip Whole Grain Garlic Knots Fruit Choice Milk Choice</p>	<p>18</p> <p>Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty Hartford FRESH HOMEFRIES - Vegetable Juice Fruit Choice Milk Choice</p>	<p>19</p> <p>Turkey Taco Meat Taco Chips & Cheese Fiesta Beans Salad with fresh cilantro (Ensalada Cubana) Fajita Style Brown Rice Shredded Lettuce & Tomato Fruit Choice Milk Choice</p>	<p>20</p> <p>Curried Chicken Seasoned Brown Rice Ginger & Garlic Farm Fresh Bok Choy Czajokowski Vegetable Medley Whole Grain Cinnamon Goldfish Grahams Fruit Choice Milk Choice</p>

23	24	25	26	27
<p>Whole Grain Beef & Cheese Taco Bites OR Whole Grain Breaded Mozzarella Sticks Corn Niblets with Diced Red Peppers Carrot Sticks & Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>Breaded Chicken on a Whole Grain Roll Cross Trax Sweet Potatoes Carrot Sticks & Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>Whole Grain Waffles & Baked Breaded Chicken Drumstick Vegetable Juice Cucumber slices & Red Pepper Sticks With Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>Tex Mex Potato Bar with Seasoned Beef & Cheese Sauce Whole Grain Scott's Roll Farm Fresh Broccoli Cilantro Lime Black Beans Fruit Choice Milk Choice</p>	<p>Sweet Potato Fish Sticks & Scott's Whole Grain Roll OR Stuffed Cheeseburger on a Whole Grain Roll Cinnamon Chipotle Potato Wedges Green Peas Fruit Choice Milk Choice</p>

30	<p>Orange Blossom Chicken Seasoned Brown Rice Broccoli Spears Edamame Fruit Choice Milk Choice</p>
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DAILY ALTERNATIVES

- Whole Grain Protein Plate with with a Bagel or Zucchini Bread or Banana Bread and 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


- 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!

**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!

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