

# Allergen & Carbohydrate

# AUGUST/SEPTEMBER 2019 LUNCH MENU GRADES K-8



Where the future is present.

## Information MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	<p>August 27</p> <p>Breaded Chicken 14 WS on a Whole Grain Roll 29 WS Cross Trax Sweet Potatoes 23 S Carrot Sticks 5 &amp; Low Fat Ranch Dip 5 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>28</p> <p>Whole Grain Waffles 38 WSME &amp; Baked Breaded Chicken Drumstick 5 W Vegetable Juice 13 Cucumber slices &amp; Red Pepper Sticks 5 With Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>29</p> <p>Tex Mex Potato 46 S Bar with Seasoned Beef 1 WS &amp; Cheese Sauce 4 WM Whole Grain Dinner Roll 17 WS Farm Fresh Broccoli 5 Cilantro Lime Black Beans 15 WS</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>30</p> <p>Whole Grain Beef &amp; Cheese Taco Bites 30 WSM Corn Niblets with Diced Red Peppers 5 Carrot Sticks 5 &amp; Low Fat Ranch Dip 5 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>
<p>September 2</p> <p>LABOR DAY NO SCHOOL</p>	<p>3</p> <p>Whole Grain Cheese Pizza 31 WSM Vegetable Juice 13</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>4</p> <p>Roasted Chicken Leg 2 W Arroz Con Gandules 25 WS (Rice with Pigeon Peas) Platanos Dulces 58 S Carrot Sticks 5 &amp; Low Fat Ranch Dip 5 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>5</p> <p>All Beef Hot Dog 0 on a Whole Grain Roll 29 WS Vegetarian Baked Beans 30 Local Fresh Carrot Coins 5</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p> <p>Pre-K (ONLY): Chicken tenders</p>	<p>6</p> <p>Jamaican Beef Patty 46 WS OR Grilled Chicken 1 S on a Whole Grain Bun 29 WS Curried Cabbage 5 Rosemary Red Skin Potatoes 19</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>
<p>9</p> <p>Whole Grain Big Daddy Cheese Pizza 34 WM Green Peas 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>10</p> <p>Oven Baked Pork Choppette 11 WS OR Teriyaki Chicken Dippers 8 WS Cilantro Lime Brown Rice 23 WS Farm Fresh Green Beans 5 Carrot Sticks 5 &amp; Low-fat Ranch Dip 5 WSME Fresh Local Cinnamon Spiced Apples 9 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>11</p> <p><b>Early Release</b></p> <p>Oven Baked Breaded Chicken Tenders 12 WS Mediterranean Chickpea Salad with Fresh Parsley and Lemon Zest 15 Farm Fresh Collard Greens 5 Whole Grain Biscuit 28 WSM</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>12</p> <p>Chicken Fajitas 3 WS Whole Grain Flatbread 26 WSM w/Red Onion Green &amp; Red Peppers 5 Shredded Cheese 1 W &amp; Salsa 3 Corn Niblets with Diced Red Peppers 5 Carrot Sticks 5 &amp; Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>13</p> <p>Hamburger 0 on a Whole Grain Roll 29 WS Carrot Sticks 5 &amp; Low Fat Ranch Dip 5 WSME Potato Smiles 25 S Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>
<p>16</p> <p>Salisbury Steak 5 WSM Mashed Potatoes 17 SM with Gravy 5 WSME Mixed Vegetables 5 Whole Grain Dinner Roll 17 WS</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>17</p> <p>Whole Grain Pasta 30 WE With Beef Meatballs 4 M and Marinara Sauce 5 Green Zucchini &amp; Summer Squash with diced red peppers 5 Carrot Sticks 5 &amp; Low-Fat Ranch Dip 5 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>18</p> <p>Whole Grain French Toast Sticks 44 WSME Syrup 25 Sugar Free Syrup 5 Chicken Sausage Patty 1 HartfordFRESH HOMEFRIES 15 Vegetable Juice 13</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>19</p> <p>Turkey Taco Meat 3 S Taco Chips 20 S &amp; Cheese 1 S Fiesta Beans Salad with fresh cilantro 15 (Ensalada Cubana) Fajita Style Brown Rice 23 WS Shredded Lettuce &amp; Tomato 5 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>20</p> <p>Curried Chicken 3 WS Seasoned Brown Rice 23 WS Ginger &amp; Garlic Farm Fresh Bok Choy 5 Czajkowski Vegetable Medley 5 Whole Grain Cinnamon Goldfish Grahams 19 WS Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>

23	24	25	26	27
<p>Whole Grain Beef &amp; Cheese Taco Bites 30 WSM Corn Niblets with Diced Red Peppers 5 Carrot Sticks 5 &amp; Low Fat Ranch Dip 5 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>Breaded Chicken 14 WS on a Whole Grain Roll 29 WS Cross Trax Sweet Potatoes 23 S Carrot Sticks 5 &amp; Low Fat Ranch Dip 5 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>Whole Grain Waffles 38 WSME &amp; Baked Breaded Chicken Drumstick 5 W Vegetable Juice 13 Cucumber slices &amp; Red Pepper Sticks 5 With Low Fat Ranch Dip 5 WSME</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>Tex Mex Potato 46 S Bar with Seasoned Beef 1 WS &amp; Cheese Sauce 4 WM Whole Grain Dinner Roll 17 WS Farm Fresh Broccoli 5 Cilantro Lime Black Beans 15 WS</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>Sweet Potato Fish Sticks 26 WSM &amp; Scott's Whole Grain Roll 33 WS OR Stuffed Cheeseburger 8 WM on a Whole Grain Roll 29 WS Cinnamon Chipotle Potato Wedges 19 S Green Peas 15 Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>

30
<p>Orange Blossom Chicken 26 WS Seasoned Brown Rice 23 WS Broccoli Florets 5 Edamame 5</p> <p>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**

**DAILY ALTERNATIVES**

- Whole Grain Protein Plate with a Bagel 25 WS or Banana Bread 44 WSE or Zucchini Bread 43 WSE and two of the following: Yogurt 19 M, Cheese Stick 1M, Sunbutter 7 or Sunflower Seeds 11
- Whole Grain Sunbutter Sandwich 66 WS
- Black Bean Burger 10 WS on a Whole Grain Roll 29 WS
- Vegetarian Hummus 9 Plate with Sunflower seeds 11, Whole Grain Crackers 30 WS,

**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.*

**This Is An Equal Opportunity Institution**