

# AUGUST/SEPTEMBER 2019 LUNCH MENU GRADES K-8


## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	<p>August 27</p> <p>Breaded Chicken on a Whole Grain Roll Cross Trax Sweet Potatoes Carrot Sticks &amp; Low Fat Ranch Dip</p> <p>Fruit Choice Milk Choice</p>	<p>28</p> <p>Whole Grain Waffles &amp; Baked Breaded Chicken Drumstick Vegetable Juice Cucumber slices &amp; Red Pepper Sticks With Low Fat Ranch Dip</p> <p>Fruit Choice Milk Choice</p>	<p>29</p> <p>Tex Mex Potato Bar with Seasoned Beef &amp; Cheese Sauce Whole Grain Dinner Roll Farm Fresh Broccoli Cilantro Lime Black Beans</p> <p>Fruit Choice Milk Choice</p>	<p>30</p> <p>Whole Grain Beef &amp; Cheese Taco Bites Corn Niblets with Diced Red Peppers Carrot Sticks &amp; Low Fat Ranch Dip</p> <p>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</p> <p>Fruit Choice Milk Choice</p>	<p>4</p> <p>Roasted Chicken Leg Arroz Con Gandules (Rice with Pigeon Peas) Platanos Dulces Carrot Sticks &amp; Low Fat Ranch Dip</p> <p>Fruit Choice Milk Choice</p>	<p>5</p> <p>All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Local Fresh Carrot Coins</p> <p>Fruit Choice Milk Choice</p> <p>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</p> <p>Fruit Choice Milk Choice</p>
<p>9</p> <p>Whole Grain Big Daddy Cheese Pizza 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 &amp; Low-fat Ranch Dip Fresh Local Cinnamon Spiced Apples Fruit Choice Milk Choice</p>	<p>11</p> <p><b>Early Release</b> Oven Baked Breaded Chicken Tenders Mediterranean Chickpea Salad with Fresh Parsley and Lemon Zest Farm Fresh Collard Greens Whole Grain Biscuit</p> <p>Fruit Choice Milk Choice</p>	<p>12</p> <p>Chicken Fajitas Whole Grain Flatbread w/Red Onion Green &amp; Red Peppers Shredded Cheese &amp; Salsa</p> <p>Corn Niblets with Diced Red Peppers Carrot Sticks &amp; Low Fat Ranch Dip</p> <p>Fruit Choice Milk Choice</p>	<p>13</p> <p>Hamburger on a Whole Grain Roll Carrot Sticks &amp; 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</p> <p>Fruit Choice Milk Choice</p>	<p>17</p> <p>Whole Grain Pasta With Beef Meatballs and Marinara Sauce Green Zucchini &amp; Summer Squash with diced red peppers Carrot Sticks &amp; Low-Fat Ranch Dip</p> <p>Fruit Choice Milk Choice</p>	<p>18</p> <p>Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty Hartford FRESH HOMEFRIES - Vegetable Juice</p> <p>Fruit Choice Milk Choice</p>	<p>19</p> <p>Turkey Taco Meat Taco Chips &amp; Cheese Fiesta Beans Salad with fresh cilantro (Ensalada Cubana) Fajita Style Brown Rice Shredded Lettuce &amp; Tomato</p> <p>Fruit Choice Milk Choice</p>	<p>20</p> <p>Curried Chicken Seasoned Brown Rice Ginger &amp; Garlic Farm Fresh Bok Choy Czajkowski Vegetable Medley</p> <p>Whole Grain Cinnamon Goldfish Grahams</p> <p>Fruit Choice Milk Choice</p>

<p>23</p> <p>Whole Grain Beef &amp; Cheese Taco Bites Corn Niblets with Diced Red Peppers Carrot Sticks &amp; Low Fat Ranch Dip</p> <p>Fruit Choice Milk Choice</p>	<p>24</p> <p>Breaded Chicken on a Whole Grain Roll Cross Trax Sweet Potatoes Carrot Sticks &amp; Low Fat Ranch Dip</p> <p>Fruit Choice Milk Choice</p>	<p>25</p> <p>Whole Grain Waffles &amp; Baked Breaded Chicken Drumstick Vegetable Juice Cucumber slices &amp; Red Pepper Sticks With Low Fat Ranch Dip</p> <p>Fruit Choice Milk Choice</p>	<p>26</p> <p>Tex Mex Potato Bar with Seasoned Beef &amp; Cheese Sauce Whole Grain Dinner Roll Farm Fresh Broccoli Cilantro Lime Black Beans</p> <p>Fruit Choice Milk Choice</p>	<p>27</p> <p>Sweet Potato Fish Sticks &amp; Scott's Whole Grain Roll OR Stuffed Cheeseburger on a Whole Grain Roll Cinnamon Chipotle Potato Wedges Green Peas</p> <p>Fruit Choice Milk Choice</p>
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<p>30</p> <p>Orange Blossom Chicken Seasoned Brown Rice Broccoli Spears Edamame</p> <p>Fruit Choice Milk Choice</p>
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**DAILY ALTERNATIVES**

- Whole Grain Protein Plate 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
- 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.*