

Allergen & Carbohydrate

AUGUST/SEPTEMBER 2019 PRE-PACK SCHOOLS LUNCH MENU-GRADES 9-12



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 & 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 & Baked Breaded Chicken Drumstick 5 W Vegetable Juice 13 Cucumber slices & 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 & Cheese Sauce 4 WM Scott's Whole Grain Roll 33 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 & Cheese Taco Bites 30 WSM Corn Niblets with Diced Red Peppers 5 Carrot Sticks 5 & 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 Brown Rice 23 WS Platanos Dulces 58 S Carrot Sticks 5 & 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 10 WS Brown Rice 23 WS Farm Fresh Green Beans 5 Carrot Sticks 5 & Low-fat Ranch Dip 5 WSME Fresh Local Cinnamon Spiced Apples 9 Fruit Choice 15 Milk Choice 13, 26, 22 M</p>	<p>11</p> <p>Early Release</p> <p>Oven Baked Breaded Chicken Tenders 16 WS Farm Fresh Collard Greens 5 Mediterranean Chickpea Salad with Fresh Parsley and Lemon Zest 15 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 & Red Peppers 5 Shredded Cheese 1 W & Salsa 3 Corn Niblets with Diced Red Peppers 5 Carrot Sticks 5 & Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 26, 22 M</p>	<p>13</p> <p>Hamburger 0 on a Whole Grain Roll 29 WS Carrot Sticks 5 & 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 39 WE With Beef Meatballs 4 M and Marinara Sauce 5 Green Zucchini & Summer Squash with diced red peppers 5 Carrot Sticks 5 & 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 2 Hash Brown Rounds 16 S Vegetable Juice 13</p> <p>Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>19</p> <p>Beef Taco Meat 1 WS Taco Chips 20S & Cheese 1 S Fiesta Beans Salad with fresh cilantro 15 (Ensalada Cubana) Brown Rice 23 WS Shredded Lettuce & 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 & 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 & Cheese Taco Bites 30 WSM Corn Niblets with Diced Red Peppers 5 Carrot Sticks 5 & Low Fat Ranch Dip 5 WSME 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 & Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>Whole Grain Waffles 38 WSME & Baked Breaded Chicken Drumstick 5 W Vegetable Juice 13 Cucumber slices & 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>Tex Mex Potato 46 S Bar with Seasoned Beef 1 WS & Cheese Sauce 4 WM Whole Grain Scott's Roll 33 WS Farm Fresh Broccoli 5 Cilantro Lime Black Beans 15 WS Fruit Choice 15 Milk Choice 13, 26, 22 M (plain, strawberry, chocolate)</p>	<p>Sweet Potato Fish Sticks 32 WSM & 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 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
- 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, 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