

# AUGUST/SEPTEMBER 2019

## PRE-PACK SCHOOLS LUNCH MENU - GRADES 9-12


### 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 Fruit Choice Milk Choice</p>	<p>29</p> <p>Tex Mex Potato Bar with Seasoned Beef &amp; Cheese Sauce Scott's Whole Grain Roll Farm Fresh Broccoli Cilantro Lime Black Beans 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 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 Brown Rice Platanos Dulces Carrot Sticks &amp; Low Fat Ranch Dip Whole Grain Dinner Roll 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 Fruit Choice Milk Choice</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 Cheese Pizza Green Peas Fruit Choice Milk Choice</p>	<p>10</p> <p>Oven Baked Pork Choppette OR Teriyaki Chicken Dippers Brown Rice Farm Fresh Green Beans Carrot Sticks &amp; Low-fat Ranch Dip Fresh Local Cinnamon Spiced Apples Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p>11</p> <p><b>Early Release</b> Oven Baked Breaded Chicken Tenders Farm Fresh Collard Greens Vegetable Juice Whole Grain Biscuit 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 Corn Niblets with Diced Red Peppers Carrot Sticks &amp; Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>13</p> <p>Hamburger on a Whole Grain Roll Carrot Sticks &amp; Low Fat Ranch Dip Potato Smiles Mediterranean Chickpea Salad with Fresh Parsley and Lemon Zest Fruit Choice Milk Choice</p>
<p>16</p> <p>Salisbury Steak Mashed Potatoes with Gravy Mixed Vegetables Whole Grain Roll Fruit Choice Milk Choice Whole Grain Treat</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 Whole Grain Garlic Knots Fruit Choice Milk Choice</p>	<p>18</p> <p>Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty Hash Brown Rounds Vegetable Juice Fruit Choice Milk Choice</p>	<p>19</p> <p>Beef Taco Meat Taco Chips &amp; Cheese Fiesta Beans Salad with fresh cilantro (Ensalada Cubana) Brown Rice Shredded Lettuce &amp; Tomato Fruit Choice Milk Choice</p>	<p>20</p> <p>Curried Chicken Brown Rice Ginger &amp; Garlic Farm Fresh Bok Choy Czajkowski Vegetable Medley Whole Grain Cinnamon Goldfish Grahams Fruit Choice Milk Choice</p>

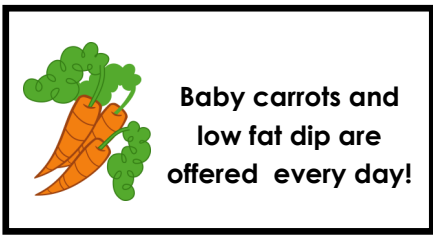
<p>23</p> <p>Whole Grain Beef &amp; Cheese Taco Bites Corn Niblets with Diced Red Peppers Carrot Sticks &amp; Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>24</p> <p>Breaded Chicken on a Whole Grain Roll Cross Trax Sweet Potatoes Carrot Sticks &amp; Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<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 Fruit Choice Milk Choice</p>	<p>26</p> <p>Potato Conquest Sidewinders with Seasoned Beef &amp; Cheese Sauce Scott's Whole Grain Roll Farm Fresh Broccoli Fiesta Bean Salad with Fresh Cilantro 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 Fruit Choice Milk Choice</p>
<p>30</p> <p>Orange Blossom Chicken Brown Rice Broccoli Spears Edamame  Fruit Choice Milk Choice</p>	<p style="text-align: center;"><b>DAILY ALTERNATIVES</b></p> <ul style="list-style-type: none"> <li>● 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</li> <li>● Whole Grain Sunbutter Sandwich</li> <li>● Black Bean Burger on a Whole Grain Roll</li> <li>● Vegetarian Hummus Plate</li> </ul>			

- 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!



**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**