



LUNCH MENU GRADES 6-12

Allergen & Carbohydrate Information



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg Grams of Carbohydrate are indicated by the number following the menu item

<p style="text-align: right;">5</p> <p>Whole Grain French Toast Sticks 33 WSME Syrup 25 Sugar Free Syrup 5 Chicken Sausage Patty 2 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">6</p> <p>Stuffed Cheeseburger 8 WM on a Whole Grain Roll 29 WS Potato Wedges 19 S Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">7</p> <p>Teriyaki Chicken Tenders 8 WS Whole Grain Dinner Roll 17 WS Broccoli Florets 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">1</p> <p>Beef Rib 4 S on a Whole Grain Sub Roll 27 WS Cross Trax Sweet Potatoes 23 S Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">2</p> <p>Oven Baked Breaded Chicken Drumstick 5 W Corn Muffin 28 WSME Broccoli Florets 5 Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>
<p style="text-align: right;">12</p> <p>PROFESSIONAL LEARNING NO SCHOOL</p>	<p style="text-align: right;">13</p> <p>Cheeseburger 3 M on a Whole Grain Hamburger Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">14</p> <p>Hot Dog 1 on a Whole Grain Roll 29 WS Baked Beans 43 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">8</p> <p>Whole Grain Cheese Pizza 34 WM Celery Sticks and Baby Grape Tomatoes 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">9</p> <p>Oven Roasted Chicken Leg 2 Whole Grain Coco Roll 33 WS Local Fresh Kale or Callaloo 5 Fruit Choice 15 Lemon Blueberry Crispy Bites 21 WSM Milk Choice 13, 22 M (plain, chocolate)</p>
			<p style="text-align: right;">15</p> <p>Breaded Chicken 14 WS on a Whole Grain Roll 29 WS Breaded Chicken Fillet on a Potato Wedges 19 S Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">16</p> <p>Whole Grain Grilled Cheese 32 WSM Broccoli Florets 5 with Low Fat Ranch Dip 5 WSME Whole Grain Smart Cookie 18 WSM Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>

19	20	21	22	23
Jamaican Beef Patty 46 WS Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	Whole Grain Beef & Cheese Taco Bites 30 WSM Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	Oven Baked Breaded Chicken Tenders 16 WS Potato Wedges 19 S Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	Beef Rib 4 S on a Whole Grain Sub Roll 27 WS Cross Trax Sweet Potatoes 23 S Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	Oven Baked Breaded Chicken Drumstick 5 W Corn Muffin 28 WSME Broccoli Florets 5 Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)
26	27	28	29	30
Whole Grain French Toast Sticks 33 WSME Syrup 25 Sugar Free Syrup 5 Chicken Sausage Patty 2 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	Stuffed Cheeseburger 8 WM on a Whole Grain Roll 29 WS Potato Wedges 19 S Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	Teriyaki Chicken Tenders 8 WS Whole Grain Dinner Roll 17 WS Broccoli Florets 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	Whole Grain Cheese Pizza 34 WM Celery Sticks and Baby Grape Tomatoes 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	Oven Roasted Chicken Leg 2 Whole Grain Coco Roll 33 WS Local Fresh Kale or Callaloo 5 Fruit Choice 15 Lemon Blueberry Crispy Bites 21 WSM Milk Choice 13, 22 M (plain, chocolate)

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!

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



Make time for SCHOOL BREAKFAST!

Breakfast is served Daily in ALL our schools!



DAILY ALTERNATIVES

- Hummus Cup 9 with Whole Grain Crackers 30 WS and Cheese Stick 1 M
- Whole Grain Protein Plate with a Bagel 25 WS , Yogurt 19 M, and Cheese Stick 1 M



Remember **ALL** meals include your choice of milk, fruit, and any of the vegetables of the day!

This Is An Equal Opportunity Institution