



LUNCH MENU GRADES 6-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Beef Rib on a Whole Grain Sub Roll Cross Trax Sweet Potatoes Fruit Choice Milk Choice	2 Baked Breaded Chicken Drumstick Corn Muffin Broccoli Florets Fruit Choice Milk Choice Whole Grain Treat
5 Maple Glazed French Toast Sticks Chicken Sausage Patty Vegetable Juice Fruit Choice Milk Choice	6 Stuffed Cheeseburger on a Whole Grain Hamburger Roll Potato Wedges Fruit Choice Milk Choice	7 Teriyaki Chicken Tenders Whole Grain Dinner Roll Broccoli Florets Fruit Choice Milk Choice	8 Whole Grain Cheese Pizza Celery Sticks and Baby Grape Tomatoes Fruit Choice Milk Choice	9 Oven Roasted Chicken Leg Whole Grain Coco Roll Local Fresh Kale or Callaloo Lemon Blueberry Crispy Bites Fruit Choice Milk Choice
12 PROFESSIONAL LEARNING NO SCHOOL	13 Cheeseburger on a Whole Grain Hamburger Roll Corn Niblets Fruit Choice Milk Choice	14 Hotdog on a Whole Grain Roll Baked Beans Fruit Choice Milk Choice	15 Breaded Chicken Fillet on a Whole Grain Hamburger Bun Potato Wedges Fruit Choice Milk Choice	16 Grilled Cheese Sandwich Broccoli Florets with Low Fat Ranch Dip Smart Cookie Fruit Choice Milk Choice

19	20	21	22	23
Jamaican Beef Patty Vegetable Juice Fruit Choice Milk Choice	Whole Grain Beef and Cheese Tatally Taco Bites Corn Niblets Fruit Choice Milk Choice	Chicken Tenders Potato Wedges Whole Grain Roll or Biscuit Fruit Choice Milk Choice	Beef Rib on a Whole Grain Sub Roll Cross Trax Sweet Potatoes Fruit Choice Milk Choice	Baked Breaded Chicken Drumstick Corn Muffin Broccoli Florets Fruit Choice Milk Choice Whole Grain Treat
26	27	28	29	30
Maple Glazed French Toast Sticks Chicken Sausage Patty Vegetable Juice Fruit Choice Milk Choice	Stuffed Cheeseburger on a Whole Grain Hamburger Roll Potato Wedges Fruit Choice Milk Choice	Teriyaki Chicken Tenders Whole Grain Dinner Roll Broccoli Florets Fruit Choice Milk Choice	Whole Grain Cheese Pizza Celery Sticks and Baby Grape Tomatoes Fruit Choice Milk Choice	Oven Roasted Chicken Leg Whole Grain Coco Roll Local Fresh Kale or Callaloo Lemon Blueberry Crispy Bites Fruit Choice Milk Choice

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 vegetables!
- We serve only 100% Whole Grain!
- Locally sourced fresh fruit and veggies are served every chance we get!

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



DAILY ALTERNATIVES

Monday/Wednesday/Friday:

- Whole Grain Protein Plate with a Bagel, Yogurt, and Cheese Stick

Tuesday & Thursday

- Hummus Cup with Whole Grain Crackers and Cheese Stick

**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!



This Is An Equal Opportunity Institution