



# LUNCH MENU GRADES K-8

## 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

|   |  |   |   |
|---|--|---|---|
| 1 | Beef Rib 4 S on a<br>Whole Grain Sub Roll 27 WS<br>Cross Trax Sweet Potatoes 23 S<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) | 2 | Oven Baked Breaded<br>Chicken Drumstick 5 W<br>Corn Muffin 28 WSME<br>Broccoli Florets 5<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) |
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| 5 | Whole Grain French Toast Sticks<br>33 WSME<br>Syrup 25 Sugar Free Syrup 5<br>Chicken Sausage Patty 2<br>Vegetable Juice 13<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) |
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| 6 | Stuffed Cheeseburger 8 WM on a<br>Whole Grain Roll 29 WS<br>Potato Wedges 19 S<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) |
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| 7 | Teriyaki Chicken Tenders 8 WS<br>Whole Grain Dinner Roll 17 WS<br>Broccoli Florets 5<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) |
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| 8 | Whole Grain Cheese Pizza 34 WM<br>Celery Sticks and<br>Baby Grape Tomatoes 5<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) |
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| 9 | Oven Roasted Chicken Leg 2<br>Whole Grain Coco Roll 33 WS<br>Local Fresh Kale or Callaloo 5<br>Fruit Choice 15<br>Lemon Blueberry Crispy Bites<br>21 WSM<br>Milk Choice 13, 22 M<br>(plain, chocolate) |
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| 12 | PROFESSIONAL LEARNING<br><br>NO SCHOOL |
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| 13 | Cheeseburger 3 M on a<br>Whole Grain Roll 29 WS<br>Corn Niblets 15<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) |
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| 14 | Hot Dog 1 on a<br>Whole Grain Roll 29 WS<br>Baked Beans 43<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) |
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| 15 | Breaded Chicken Filet 14 WS on a<br>Whole Grain Roll 29 WS<br>Potato Wedges 19 S<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) |
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| 16 | Whole Grain Grilled Cheese<br>32 WSM<br>Broccoli Florets 5 with<br>Low Fat Ranch Dip 5 WSME<br>Whole Grain Smart Cookie<br>18 WSM<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) |
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| 19  | 20  | 21  | 22   | 23   |
| Jamaican Beef Patty 46 WS<br>Vegetable Juice 13<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate)  | Whole Grain Beef & Cheese<br>Taco Bites 30 WSM<br>Corn Niblets 15<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate)              | Oven Baked Breaded<br>Chicken Tenders 12 WS<br>Potato Wedges 19 S<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate)                    | Beef Rib 4 S on a<br>Whole Grain Sub Roll 27 WS<br>Cross Trax Sweet Potatoes 23 S<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) | Oven Baked Breaded<br>Chicken Drumstick 5 W<br>Corn Muffin 28 WSME<br>Broccoli Florets 5<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate)  |
| 26  | 27  | 28  | 29   | 30   |
| Whole Grain French Toast Sticks<br>33 WSME<br>Syrup 25 Sugar Free Syrup 5<br>Chicken Sausage Patty 2<br>Vegetable Juice 13<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) | Stuffed Cheeseburger 8 WM on a<br>Whole Grain Roll 29 WS<br>Potato Wedges 19 S<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) | Teriyaki Chicken Tenders 8 WS<br>Whole Grain Dinner Roll 17 WS<br>Broccoli Florets 5<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate) | Whole Grain Cheese Pizza 34 WM<br>Celery Sticks and<br>Baby Grape Tomatoes 5<br>Fruit Choice 15<br>Milk Choice 13, 22 M<br>(plain, chocolate)      | Oven Roasted Chicken Leg 2<br>Whole Grain Coco Roll 33 WS<br>Local Fresh Kale or Callaloo 5<br>Fruit Choice 15<br>Lemon Blueberry Crispy Bites<br>21 WSM<br>Milk Choice 13, 22 M<br>(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.*



### 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

**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**