



# SEPTEMBER 2020 LUNCH MENU GRADES 6-12



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>7</p> <p>LABOR DAY NO SCHOOL</p>	<p>8</p> <p>Whole Grain Beef and Cheese Taco Bites <b>Corn Niblets</b> Fruit Choice Milk Choice</p>	<p>9</p> <p>Jamaican Beef Patty Veggie Juice Fruit Choice Milk Choice</p>	<p>10</p> <p>Oven Baked Breaded Chicken Tenders Potato Wedges Whole Grain Roll Fruit Choice Milk Choice</p>	<p>11</p> <p>Oven Baked Breaded Chicken Drumstick Corn Muffin Broccoli Florets Whole Grain Treat Fruit Choice Milk Choice</p>
<p>14</p> <p>Whole Grain Cheese Pizza Vegetable Juice Fruit Choice Milk Choice</p>	<p>15</p> <p>Stuffed Cheeseburger on a Whole Grain Hamburger Roll Potato Wedges Fruit Choice Milk Choice</p>	<p>16</p> <p>Teriyaki Chicken Tenders Whole Grain Dinner Roll Broccoli Florets Fruit Choice Milk Choice</p>	<p>17</p> <p>Whole Grain Maple Glazed French Toast Sticks Chicken Sausage Patty Celery Sticks and Baby Grape Tomatoes Fruit Choice Milk Choice</p>	<p>18</p> <p>Turkey Hoagie Sandwich on Whole Grain Roll Lemon Blueberry Crispy Bites Black Bean Salad Fruit Choice Milk Choice</p>
<p>21</p> <p>Whole Grain Cheese Pizza Vegetable Juice Fruit Choice Milk Choice</p>	<p>22</p> <p>Cheeseburger on a Whole Grain Hamburger Roll Corn Niblets Fruit Choice Milk Choice</p>	<p>23</p> <p>Hot Dog on a Whole Grain Roll Baked Beans Fruit Choice Milk Choice</p>	<p>24</p> <p>Breaded Chicken Fillet on a Whole Grain Hamburger Bun Potato Wedges Fruit Choice Milk Choice</p>	<p>25</p> <p>Whole Grain Grilled Cheese Broccoli Florets with Low Fat Ranch Dip Whole Grain Smart Cookie Fruit Choice Milk Choice</p>
<p>28</p> <p>Jamaican Beef Patty Veggie Juice Fruit Choice Milk Choice</p>	<p>29</p> <p>Whole Grain Beef and Cheese Taco Bites Corn Niblets Black Bean Salad Fruit Choice Milk Choice</p>	<p>30</p> <p>Oven Baked Breaded Chicken Tenders Potato Wedges Whole Grain Roll or Biscuit Fruit Choice Milk Choice</p>		

## 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

### 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!
- 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.*