



# SEPTEMBER 2020 LUNCH MENU GRADES K-8



## ALLERGEN AND CARBOHYDRATE INFORMATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 LABOR DAY NO SCHOOL	8 Whole Grain Beef & Cheese Taco Bites 30 WSM Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	9 Jamaican Beef Patty 46 WS Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	10 Oven Baked Breaded Chicken Tenders 12 WS Potato Wedges 19 S Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	11 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)
14 Whole Grain Cheese Pizza 34 WM Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	15 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)	16 Teriyaki Chicken Tenders 8 WS Whole Grain Dinner Roll 17 WS Broccoli Florets 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	17 Whole Grain French Toast Sticks 33 WSME Syrup 25 Sugar Free Syrup 5 Chicken Sausage Patty 2 Celery Sticks and Baby Grape Tomatoes 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	18 Turkey Hoagie Sandwich on Whole Grain Roll 31 WSM Black Bean Salad 15 Fruit Choice 15 Lemon Blueberry Crispy Bites 21 WSM Milk Choice 13, 22 M (plain, chocolate)
21 Whole Grain Cheese Pizza 34 WM Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	22 Cheeseburger 3 M on a Whole Grain Hamburger Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	23 Hot Dog 1 on a Whole Grain Roll 29 WS Baked Beans 43 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	24 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)	25 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)
28 Jamaican Beef Patty 46 WS Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	29 Whole Grain Beef and Cheese Taco Bites 30 WSM Corn Niblets 15 Black Bean Salad 15 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)	30 Oven Baked Breaded Chicken Tenders 12 WS Potato Wedges 19 S Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)		

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

### 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

#### 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!



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