



SEPTEMBER 2020 LUNCH MENU GRADES K-8



MONDAY

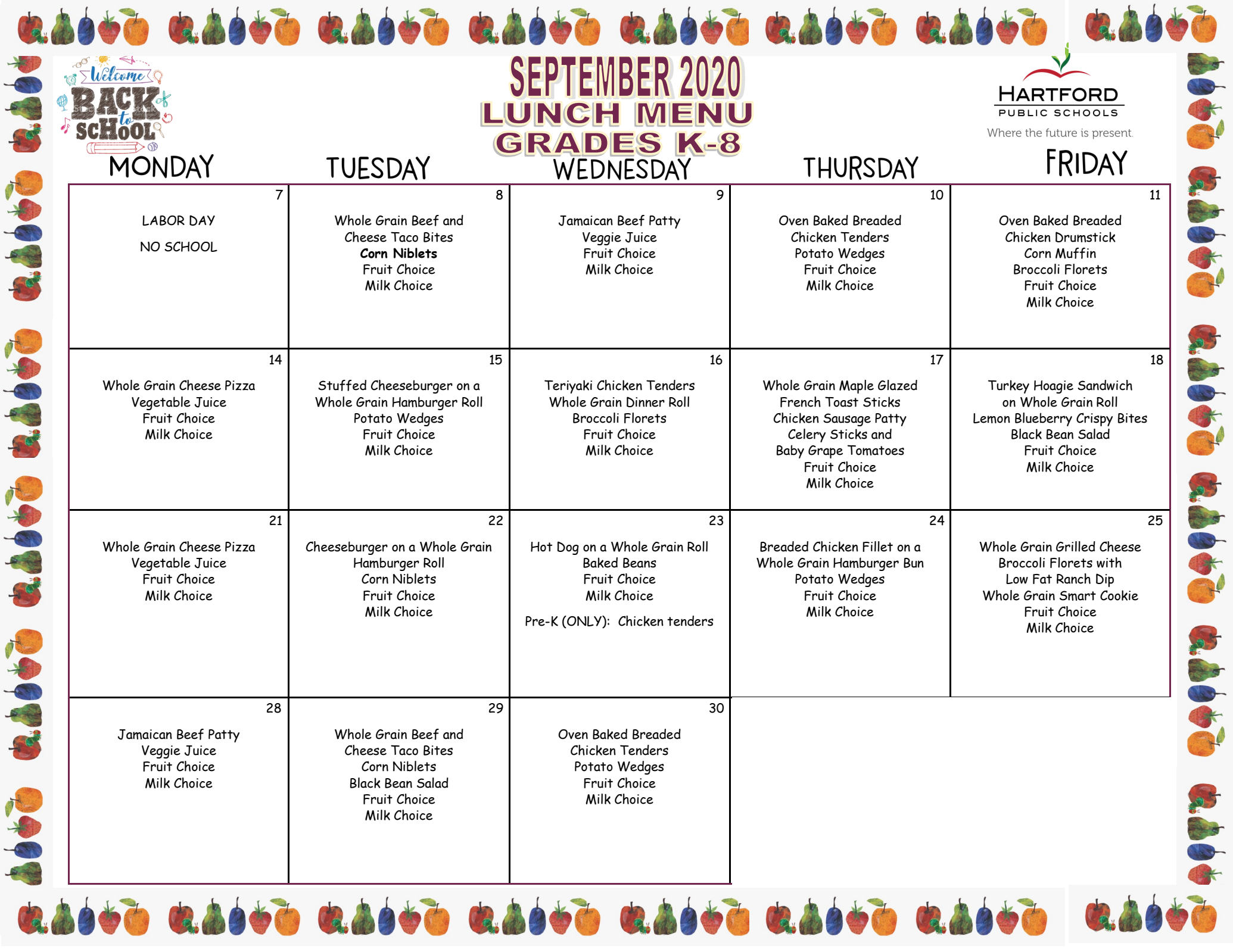
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>7</p> <p>LABOR DAY NO SCHOOL</p>	<p>8</p> <p>Whole Grain Beef and Cheese Taco Bites Corn Niblets 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 Fruit Choice Milk Choice</p>	<p>11</p> <p>Oven Baked Breaded Chicken Drumstick Corn Muffin Broccoli Florets 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 Pre-K (ONLY): Chicken tenders</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 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.