

# JANUARY LUNCH MENU

## GRADES 6-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |  |  |   |  |
|--|--|--|---|--|
| <p>4</p> <p>PROFESSIONAL LEARNING<br/>NO SCHOOL</p>  | <p>5</p> <p>PROFESSIONAL LEARNING<br/>NO SCHOOL</p>  | <p>6</p> <p>THREE KINGS DAY<br/>NO SCHOOL</p>  | <p>7</p> <p>Whole Grain Cheese Pizza<br/>Carrot Coins<br/>Fruit Choice<br/>Milk Choice</p>  | <p>8</p> <p>Whole Grain Chicken Tenders<br/>Whole Grain Mini Waffles<br/>Green Beans<br/>Fruit Choice<br/>Milk Choice</p>  |
| <p>11</p> <p>Whole Grain Maple Glazed<br/>French Toast Sticks<br/>Chicken Sausage Patty<br/>Vegetable Juice<br/>Fruit Choice<br/>Milk Choice</p> | <p>12</p> <p>Whole Grain Chicken Tenders<br/>Whole Grain Dinner Roll<br/>Broccoli Florets<br/>Fruit Choice<br/>Milk Choice</p> | <p>13</p> <p>Beef Rib on a Whole Grain Roll<br/>Cross Trax Sweet Potatoes<br/>Celery Sticks and<br/>Baby Grape Tomatoes<br/>Fruit Choice<br/>Milk Choice</p> | <p>14</p> <p>Twin Cheeseburgers on<br/>Whole Grain Buns OR<br/>Salisbury Steak<br/>Mashed Potatoes<br/>Whole Grain Dinner Roll<br/>Fruit Choice<br/>Milk Choice</p> | <p>15</p> <p>Oven Roasted Chicken Leg<br/>Rosemary Red Skin Halves<br/>Whole Grain Coco Roll<br/>Lemon Blueberry Crispy Bites<br/>Fruit Choice<br/>Milk Choice</p> |
| <p>18</p> <p>MARTIN LUTHER KING DAY<br/>NO SCHOOL</p>  | <p>19</p> <p>Cheeseburger on a<br/>Whole Grain Roll<br/>Conquest Sidewinder Potatoes<br/>Fruit Choice<br/>Milk Choice</p>      | <p>20</p> <p>Hot Dog on a Whole Grain Roll<br/>Corn Niblets<br/>Fruit Choice<br/>Milk Choice</p>   | <p>21</p> <p>Breaded Chicken Fillet on a<br/>Whole Grain Bun<br/>Potato Wedges<br/>Fruit Choice<br/>Milk Choice</p>   | <p>22</p> <p>Whole Grain Pasta with<br/>Beef Meatballs and Marinara Sauce<br/>Broccoli<br/>Whole Grain Smart Cookies<br/>Fruit Choice<br/>Milk Choice</p>          |

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|---|---|---|--|---|
| 25  | 26  | 27  | 28   | 29  |
| Whole Grain Jamaican Beef Patty<br>Vegetable Juice<br>Fruit Choice<br>Milk Choice | Whole Grain Cheese Pizza<br>Broccoli<br>Fruit Choice<br>Milk Choice | Whole Grain Chicken Tenders<br>Rosemary Red Skin Halves<br>Whole Grain Biscuit<br>Fruit Choice<br>Milk Choice | Whole Grain Beef and<br>Cheese Totally Taco Bites<br>Conquest Sidewinder Potatoes<br>Fruit Choice<br>Milk Choice | Whole Grain Baked<br>Chicken Chunks<br>Butternut Squash<br>Whole Grain Treat<br>Fruit Choice<br>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 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!

### 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 •

#### Other Alternatives may include:

- Whole Grain Sunbutter Sandwich • Assorted Sandwiches on a Whole Grain Roll • Assorted Salads with Scott's Whole Grain Roll • Yogurt Parfait with Whole Grain Granola and Whole Grain Pretzels • ,

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



Remember **ALL** meals include your choice of milk, fruit, and any of the vegetables of the day!

### Make time for SCHOOL BREAKFAST!

Breakfast is served Daily in ALL our schools!

