

JANUARY LUNCH MENU

GRADES K-8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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



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!



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

