

JANUARY PRE-PACK LUNCH MENU



GRADES 9-12

Allergen & Carbohydrate Information

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
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| 4 | 5 | 6 | 7 | 8 |
| PROFESSIONAL LEARNING NO SCHOOL | PROFESSIONAL LEARNING NO SCHOOL | THREE KINGS DAY NO SCHOOL | Whole Grain Cheese Pizza 34 WM Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate) | Whole Grain Chicken Tenders 16 WS Whole Grain Mini Waffles 37 WSME Green Beans 5 Fruit Choice Milk Choice |
| 11 | 12 | 13 | 14 | 15 |
| Whole Grain French Toast Sticks 50 WSME Syrup 25 Sugar Free Syrup 5 Chicken Sausage Patty 2 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate) | Whole Grain Mozzarella Sticks 33 WSM Broccoli Florets 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate) | Beef Rib 4 S on a Whole Grain Sub Roll 27 WS Cross Trax Sweet Potatoes 23 S Celery Sticks and Baby Grape Tomatoes 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate) | Twin Cheeseburgers on Whole Grain Buns 33WSM Tossed Salad 5 with Dressing 5 WSME Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate) | Oven Roasted Chicken Leg 2 Whole Grain Coco Roll 33 WS Platains 58 S Lemon Blueberry Crispy Bites 21 WSM Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate) |
| 18 | 19 | 20 | 21 | 22 |
| MARTIN LUTHER KING DAY NO SCHOOL | Cheeseburger 3 M on a Whole Grain Roll 29 WS Conquest Sidewinder Potatoes 23 S Fruit Choice 15 Milk Choice 13, 22 M | Hot Dog 1 on a Whole Grain Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate) | Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Potato Wedges 19 S Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate) | Whole Grain Pasta 39 WE With Meatballs (Beef) 4 SM Broccoli Florets 5 Whole Grain Smart Cookie 18 WSM Milk Choice 13, 22 M (plain, chocolate) |

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| <p>25</p> <p>Jamaican Beef Patty 46 WS Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p> | <p>26</p> <p>Whole Grain Cheese Pizza 34 WM Broccoli 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p> | <p>27</p> <p>Whole Grain Chicken Tenders 16 WS Rosemary Red Skin Halves 19 S Whole Grain Biscuit 30 WSM Fruit Choice Milk Choice</p> | <p>28</p> <p>Whole Grain Beef & Cheese Taco Bites 30 WSM Conquest Sidewinder Potatoes 23 S Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p> | <p>29</p> <p>Whole Grain Baked Chicken Chunks 14 WS Butternut Squash 15 Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p> |
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Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg Grams of Carbohydrate are indicated by the number following the menu item

- 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**
- 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

**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.

