

JANUARY PRE-PACK LUNCH MENU

GRADES 9-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: right;">4</p> <p>PROFESSIONAL LEARNING NO SCHOOL</p>	<p style="text-align: right;">5</p> <p>PROFESSIONAL LEARNING NO SCHOOL</p>	<p style="text-align: right;">6</p> <p>THREE KINGS DAY NO SCHOOL</p>	<p style="text-align: right;">7</p> <p>Whole Grain Cheese Pizza Carrot Coins Fruit Choice Milk Choice</p>	<p style="text-align: right;">8</p> <p>Whole Grain Chicken Tenders Green Beans Fruit Choice Milk Choice</p>
<p style="text-align: right;">11</p> <p>Whole Grain Maple Glazed French Toast Sticks Chicken Sausage Patty Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">12</p> <p>Whole Grain Mozzarella Sticks Broccoli Fruit Choice Milk Choice</p>	<p style="text-align: right;">13</p> <p>Beef Rib on a Whole Grain Roll Cross Trax Potatoes Celery Sticks and Baby Grape Tomatoes Fruit Choice Milk Choice</p>	<p style="text-align: right;">14</p> <p>Twin Cheeseburgers Tossed Salad Fruit Choice Milk Choice</p>	<p style="text-align: right;">15</p> <p>Oven Roasted Chicken Leg Plantains Whole Grain Coco Roll Lemon Blueberry Crispy Bites Fruit Choice Milk Choice</p>
<p style="text-align: right;">18</p> <p>MARTIN LUTHER KING DAY NO SCHOOL</p>	<p style="text-align: right;">19</p> <p>Cheeseburger on a Whole Grain Roll Conquest Sidewinder Potatoes Fruit Choice Milk Choice</p>	<p style="text-align: right;">20</p> <p>Hotdog on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice</p>	<p style="text-align: right;">21</p> <p>Breaded Chicken Fillet on a Whole Grain Bun Potato Wedges Fruit Choice Milk Choice</p>	<p style="text-align: right;">22</p> <p>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Broccoli Florets with LF Ranch Dip 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 Corn Fruit Choice Milk Choice	Whole Grain Baked Chicken Chunks Butternut Squash 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.

