

JANUARY PRE-PACK LUNCH MENU



Where the future is present.

GRADES K-8

Allergen & Carbohydrate Information

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 34 WM Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">8</p> <p>Whole Grain Chicken Tenders 12 WS Whole Grain Mini Waffles 37 WSME Green Beans 5 Fruit Choice Milk Choice</p>
<p style="text-align: right;">11</p> <p>Whole Grain French Toast Sticks 33 WSME Syrup 25 Sugar Free Syrup 5 Chicken Sausage Patty 2 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">12</p> <p>Whole Grain Mozzarella Sticks 33 WSM Broccoli Florets 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">13</p> <p>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)</p>	<p style="text-align: right;">14</p> <p>Twin Cheeseburgers on Whole Grain Buns 33WSM Tossed Salad 5 with Dressing 5 WSME Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">15</p> <p>Oven Roasted Chicken Leg 2 Whole Grain Coco Roll 33 WS Platians 58 S Lemon Blueberry Crispy Bites 21 WSM Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</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 3 M on a Whole Grain Roll 29 WS Conquest Sidewinder Potatoes 23 S Fruit Choice 15 Milk Choice 13, 22 M</p>	<p style="text-align: right;">20</p> <p>Hot Dog 1 on a Whole Grain Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">21</p> <p>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)</p>	<p style="text-align: right;">22</p> <p>Whole Grain Pasta 30 WE With Meatballs (Beef) 4 SM Broccoli Florets 5 Whole Grain Smart Cookie 18 WSM Milk Choice 13, 22 M (plain, chocolate)</p>

<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 12 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

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!

