

MARCH

LUNCH MENU GRADES 6-12

Allergen & Carbohydrate Information



Where the future is present.

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Jamaican Beef Patty 46 WS OR Whole Grain Cheese Pizza 34 WM Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p>2</p> <p>Whole Grain Pasta 39 WE With Meatballs (Beef) 4 SM Broccoli Florets 5 Milk Choice 13, 22 M (plain, chocolate)</p>	<p>3</p> <p>Cheeseburger 3 M on a Whole Grain Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22 M</p>	<p>4</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>5</p> <p>Hot Dog 1 on a Whole Grain Roll 29 WS Potato Wedges 19 S Whole Grain Smart Cookie 18 WSM Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>
<p>8</p> <p>Pulled Turkey 17 S Whole Grain Roll 29 WS Mixed Vegetables 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p>9</p> <p>Whole Grain Cheese Pizza 34 WM Broccoli 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p>10</p> <p>Cheeseburger 3 M on a Whole Grain Roll 29 WS Rosemary Red Skin Potatoes 19 S Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p>11</p> <p>Chicken Fajitas 3 WS Whole Grain Flatbread 26 WSM w/Red Onion Green & Red Peppers 5 Shredded Cheese 1 M Corn Niblets with Diced Red Peppers 15 Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p>12</p> <p>Whole Grain Chicken Tenders 16 WS Macaroni and Cheese 14 WME Collard Greens 5 Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>
<p>15</p> <p>Salisbury Steak 5 WSM Mashed Potatoes 17 SM with Gravy 5 WSME Whole Grain Coco Roll 33 WS Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p>16</p> <p>Oven Roasted Chicken Leg 2 Rosemary Red Skin Potatoes 19 S Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p>17</p> <p>Beef Rib 4 S on a Whole Grain Sub Roll 27 WS Cross Trax Sweet Potatoes 23 S Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p>18</p> <p>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)</p>	<p>19</p> <p>Pulled Chicken 3 WS with Gravy 5WSME OR Pork Choppette 11 WS Seasoned Brown Rice 23 WS Broccoli Florets 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>

<p style="text-align: right;">22</p> <p>Whole Grain Chicken Tenders 16 WS Macaroni and Cheese 14 WME Green Beans 5 Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">23</p> <p>Whole Grain Pasta 39 WE With Meatballs (Beef) 4 SM Broccoli Florets 5 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">24</p> <p>Cheeseburger 3 M on a Whole Grain Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22 M</p>	<p style="text-align: right;">25</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;">26</p> <p>Hot Dog 1 on a Whole Grain Roll 29 WS Potato Wedges 19 S Whole Grain Smart Cookie 18 WSM Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>
<p style="text-align: right;">29</p> <p>Whole Grain Cheese Pizza 34 WM Broccoli 5 Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<p style="text-align: right;">30</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 style="text-align: right;">31</p> <p>Cheeseburger 3 M on a Whole Grain Roll 29 WS Rosemary Red Skin Potatoes 19 S Fruit Choice 15 Milk Choice 13, 22 M (plain, chocolate)</p>	<div style="display: flex; align-items: center;">  <div> <p>Remember ALL meals include your choice of milk, fruit, and any of the vegetables of the day!</p> </div> <div style="margin-left: 20px;"> <p>Make time for SCHOOL BREAKFAST! Breakfast is served Daily in ALL our schools!</p>  </div> </div>	

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!

Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg Grams of Carbohydrate are indicated by the number following the menu item

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
- Whole Grain Sunbutter Sandwich 56 WS ● Assorted Sandwiches on a Whole Grain Roll 29 WSM ● Assorted Salads with Scott's Whole Grain Roll 33 WS ● Yogurt Parfait 53 WM with Whole Grain Granola 20 W and Whole Grain Pretzels 15 W ● ,

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



This Is An Equal Opportunity Institution