



April

LUNCH MENU GRADES 6-12

Allergen & Carbohydrate Information



Where the future is present

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

1
Jamaican Beef Patty 46 WS
Corn Niblets 15
Fruit Choice 15
Milk Choice 13, 22 M
(plain, chocolate)

2
GOOD FRIDAY
NO SCHOOL

5
CLASSROOM:
Whole Grain Grilled Cheese 26 WSME
Vegetable Juice 13
CAFETERIA:
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)

6
Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS
Put Local on Your Tray Feature:
Fresh Local Roasted Sweet Potatoes 19
Fruit Choice 15
Milk Choice 13, 22 M
(plain, chocolate)

7
Oven Roasted Chicken Leg 2
Rosemary Red Skin Potatoes 19 S
Corn Muffin 28 WSME
Fruit Choice 15
Milk Choice 13, 22 M
(plain, chocolate)

8
Whole Grain French Toast Sticks 50 WSME
Syrup 25 Sugar Free Syrup 5
Chicken Sausage Patty 2
Hartford FRESH Home Fries 15
Vegetable Juice 13
Fruit Choice 15
Milk Choice 13, 22 M
(plain, chocolate)

9
CLASSROOM:
Whole Grain Cheese Pizza 34 WM
CAFETERIA:
BBQ Pulled Turkey 17 on a Whole Grain Roll 29 WS
Broccoli 5
Milk Choice 13, 22 M
(plain, chocolate)

12
SPRING RECESS
NO SCHOOL

13
SPRING RECESS
NO SCHOOL

14
SPRING RECESS
NO SCHOOL

15
SPRING RECESS
NO SCHOOL

16
SPRING RECESS
NO SCHOOL

19

Whole Grain Cheese Pizza 34 WM
 Broccoli 5
 Milk Choice 13, 22 M
 (plain, chocolate)

20

CLASSROOM:
 Whole Grain Beef & Cheese
 Taco Bites 30 WSM OR
CAFETERIA:
 Tex Mex Potato Bar with
 Seasoned Beef 1 WS &
 Cheese Sauce 2 M
 Potatoes Wedges 20 S
 Whole Grain Dinner Roll 17 WS
 Fruit Choice 15
 Milk Choice 13, 22 M
 (plain, chocolate)

21

Cheeseburger 3 M on a
 Whole Grain Roll 29 WS
 Rosemary Red Skin Potatoes 20
 Fruit Choice 15
 Milk Choice 13, 22 M
 (plain, chocolate)

22

CLASSROOM:
 Jamaican Beef Patty 46 WS
CAFETERIA:
 Whole Grain Breaded Mozzarella
 Sticks 33 WMS
 Curried Cabbage 5
 Fruit Choice 15
 Milk Choice 13, 22 M
 (plain, chocolate)

23

Turkey Taco Meat 3 S
 Taco Chips 20 & Cheese 1 S
 Green Zucchini & Summer Squash
 with Diced Red Peppers
 15
 Fruit Choice 15
 Milk Choice 13, 22 M
 (plain, chocolate)

26

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)

27

Oven Baked Breaded
 Chicken Leg 5 W
 Whole Grain Mini Waffles
 37 WSME
 Farm Fresh Green Beans 5
 Lemon Blueberry Crispy Bites
 21 WSM
 Fruit Choice 15
 Milk Choice 13, 22 M
 (plain, chocolate)

28

Beef Rib 4 S on a
 Whole Grain Sub Roll 27 WS
 Potatoes Wedges 20 S
 Fruit Choice 15
 Milk Choice 13, 22 M
 (plain, chocolate)

29

Whole Grain French Toast Sticks
 50 WSME
 Syrup 25 Sugar Free Syrup 5
 Chicken Sausage Patty 2
 Hartford FRESH Home Fries 15
 Vegetable Juice 13
 Fruit Choice 15
 Milk Choice 13, 22 M
 (plain, chocolate)

30

BBQ Pulled Turkey 17 on a Whole
 Grain Roll 29 WS
 Broccoli 5
 Milk Choice 13, 22 M
 (plain, chocolate)

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
- 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 ● ,

This Is An Equal Opportunity Institution



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.