



# LUNCH MENU

## GRADES 6-12



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Whole Grain Chicken Tenders Macaroni and Cheese Green Beans Whole Grain Treat Fruit Choice Milk Choice</p>	<p>4</p> <p>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Broccoli Florets Fruit Choice Milk Choice</p>	<p>5</p> <p>Cheeseburger on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice</p>	<p>6</p> <p>Beef Rib on a Whole Grain Roll Cross Trax Sweet Potatoes Fruit Choice Milk Choice</p>	<p>7</p> <p>Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Whole Grain Smart Cookie Fruit Choice Milk Choice</p>
<p>10</p> <p>Whole Grain Cheese Pizza Broccoli Fruit Choice Milk Choice</p>	<p>11</p> <p>Tex Mex Potato Bar with Seasoned Beef, Cheese Sauce, Potato Wedges, and Whole Grain Dinner Roll Vegetable Juice Fruit Choice Milk Choice</p>	<p>12</p> <p>Whole Grain Jamaican Beef Patty Curried Cabbage Fruit Choice Milk Choice</p>	<p>13</p> <p>Oven Roasted Chicken Leg Whole Grain Arroz con Gandules OR Whole Grain Mozzarella Sticks with Marinara Sauce Carrot Coins Fruit Choice Milk Choice</p>	<p>14</p> <p>Turkey Taco with Tortilla Chips Corn Niblets Whole Grain Smart Cookie Fruit Choice Milk Choice</p>
<p>17</p> <p>Breaded Chicken Leg Rosemary Red Skin Potatoes Corn Muffin Fruit Choice Milk Choice</p>	<p>18</p> <p>Salisbury Steak Potato Wedges Whole Grain Coco Roll Lemon Blueberry Crispy Bites Fruit Choice Milk Choice</p>	<p>19</p> <p>Breaded Chicken Fillet on a Whole Grain Bun Vegetarian Baked Beans Whole Grain Smart Cookie Fruit Choice Milk Choice</p>	<p>20</p> <p>Whole Grain Maple Glazed French Toast Sticks Chicken Sausage Patty HomeFries Fruit Choice Milk Choice</p>	<p>21</p> <p>Whole Grain Jamaican Beef Patty <b>Put Local on Your Tray Feature:</b> Fresh Local Spinach Vegetable Juice Fruit Choice Milk Choice</p>



<p style="text-align: right;"><b>24</b></p> <p>Beef Rib on a Whole Grain Roll Cross Trax Sweet Potatoes Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>25</b></p> <p>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Green Zucchini &amp; Summer Squash with Diced Red Peppers Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>26</b></p> <p>Cheeseburger on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>27</b></p> <p>Breaded Chicken Leg Macaroni and Cheese Collard Greens Whole Grain Treat Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>28</b></p> <p>Turkey Taco with Tortilla Chips Rainbow Swiss Chard Fruit Choice Milk Choice</p>
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**31**

MEMORIAL DAY  
NO SCHOOL


**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!

**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!

**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 ●

**Other Alternatives may include:**

- Whole Grain Sunbutter Sandwich ● Assorted Sandwiches on a Whole Grain Roll ● Assorted Salads with Scott's Whole Grain Roll ● Yogurt Parfait with Whole Grain Granola and Whole Grain Pretzels ● ,



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

**This Is An Equal Opportunity Institution**

