



# LUNCH MENU

## GRADES K-8



### Allergen & Carbohydrate Information

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

<p style="text-align: right;">3</p> <p>Whole Grain Chicken Tenders 12 WS Macaroni and Cheese 14 WME Green Beans 5 Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">4</p> <p>Whole Grain Pasta 30 WE With Meatballs (Beef) 4 SM Broccoli Florets 5 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">5</p> <p>Cheeseburger 3 M on a Whole Grain Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">6</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, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">7</p> <p>Hot Dog 1 on a Whole Grain Roll 29 WS Vegetarian Baked Beans 30 Whole Grain Smart Cookie 18 WSM Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p style="text-align: right;">10</p> <p>Whole Grain Cheese Pizza 34 WM Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">11</p> <p>Tex Mex Potato Bar with Seasoned Beef 1 WS &amp; Cheese Sauce 2 M Potatoes Wedges 20 S Whole Grain Dinner Roll 17 WS Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">12</p> <p>Jamaican Beef Patty 46 WS Curried Cabbage 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">13</p> <p>Oven Roasted Chicken Leg 2 Arroz Con Gandules 25 WS (Rice with Pigeon Peas) OR Whole Grain Breaded Mozzarella Sticks 33 WMS Marinara Sauce 5 Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 22, 22 M</p>	<p style="text-align: right;">14</p> <p>Turkey Taco Meat 3 S Taco Chips 20 &amp; Cheese 1 S Corn Niblets 15 Whole Grain Smart Cookie 18 WSM Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p style="text-align: right;">17</p> <p>Oven Baked Breaded Chicken Leg 5 W Rosemary Red Skin Potatoes 19 S Corn Muffin 28 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">18</p> <p>Salisbury Steak 5 WSM with Gravy 5 WSME Potato Wedges 20 S Whole Grain Coco Roll 33 WS Lemon Blueberry Crispy Bites 21 WSM Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">19</p> <p>Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Vegetarian Baked Beans 30 Whole Grain Smart Cookie 18 WSM Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">20</p> <p>Whole Grain French Toast Sticks 33 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, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">21</p> <p>Jamaican Beef Patty 46 WS <b>Put Local on Your Tray Feature:</b> Fresh Local Spinach 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>




<p style="text-align: center;"><b>24</b></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, 22 M          (plain, strawberry, chocolate)</p>	<p style="text-align: center;"><b>25</b></p> <p>Whole Grain Pasta 30 WE          With Meatballs (Beef) 4 SM          Green Zucchini &amp; Summer Squash with Diced Red Peppers 5          Fruit Choice 15          Milk Choice 13, 22, 22 M          (plain, strawberry, chocolate)</p>	<p style="text-align: center;"><b>26</b></p> <p>Cheeseburger 3 M on a Whole Grain Roll 29 WS          Corn Niblets 15          Fruit Choice 15          Milk Choice 13, 22, 22 M          (plain, strawberry, chocolate)</p>	<p style="text-align: center;"><b>27</b></p> <p>Oven Baked Breaded Chicken Leg 5 W          Macaroni and Cheese 14 WME          Collard Greens 5          Whole Grain Treat 19 WS          Fruit Choice 15          Milk Choice 13, 22, 22 M          (plain, strawberry, chocolate)</p>	<p style="text-align: center;"><b>28</b></p> <p>Turkey Taco Meat 3 S          Taco Chips 20 &amp; Cheese 1 S          Rainbow Swiss Chard 5          Fruit Choice 15          Milk Choice 13, 22, 22 M          (plain, strawberry, chocolate)</p>
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**31**

MEMORIAL DAY  
NO SCHOOL

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

 Remember **ALL** meals include your choice of milk, fruit, and any of the vegetables of the day!

**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

**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!**



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

**This Is An Equal Opportunity Institution**

