



PRE-PACK LUNCH MENU



GRADES 9-12

Allergen & Carbohydrate Information

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: right;">3</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, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">4</p> <p>Whole Grain Pasta 39 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>Whole Grain Beef & Cheese Taco Bites 30 WSM Potato Wedges 20 S 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 Rice 23 Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">14</p> <p>Beef Taco Meat 1 WS Taco Chips 20 & 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>Twin Cheeseburgers on Whole Grain Buns 33WSM Potato Wedges 20 S 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 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, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">21</p> <p>Jamaican Beef Patty 46 WS Put Local on Your Tray Feature: Fresh Local Spinach 5 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>




<p style="text-align: center;">24</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;">25</p> <p>Whole Grain Pasta 39 WE With Meatballs (Beef) 4 SM Green Zucchini & 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;">26</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;">27</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;">28</p> <p>Beef Taco Meat 1 WS Taco Chips 20 & Cheese 1 S Rainbow Swiss Chard 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
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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

