



PRE-PACK LUNCH MENU



GRADES 9-12

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 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>Beef and Cheese Taco Bites Potato Wedges 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 Rice Carrot Coins Fruit Choice Milk Choice</p>	<p>14</p> <p>Beef 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>Twin Burgers Potato Wedges Lemon Blueberry Crispy Bites Fruit Choice Milk Choice</p>	<p>19</p> <p>Breaded Chicken Patty 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 Put Local on Your Tray Feature: Spinach Vegetable Juice Fruit Choice Milk Choice</p>



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



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

This Is An Equal Opportunity Institution

