

# June

## LUNCH MENU

### GRADES 6-12



Where the future is present

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2	3	4
	<p>Whole Grain Cheese Pizza Vegetable Juice Applesauce Fruit Choice Milk Choice</p>	<p>Whole Grain Jamaican Beef Patty Potato Wedges Curried Cabbage Fruit Choice Milk Choice</p>	<p>Oven Roasted Chicken Leg Whole Grain Arroz con Gandules OR Breaded Mozzarella Sticks with Potato Wedges Rainbow Swiss Chard Fruit Choice Milk Choice</p>	<p>Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Whole Grain Smart Cookie Fruit Choice Milk Choice</p>
7	8	9	10	11
<p>Breaded Chicken Leg Rosemary Red Skin Potatoes Corn Muffin Fruit Choice Milk Choice</p>	<p>Salisbury Steak Potato Wedges Whole Grain Coco Roll Lemon Blueberry Crispy Bites Fruit Choice Milk Choice</p>	<p>Whole Grain Cheese Pizza Carrot Coins Fruit Choice Milk Choice</p>	<p>Whole Grain Maple Glazed French Toast Sticks Chicken Sausage Patty HomeFries Fruit Choice Milk Choice</p>	<p>Whole Grain Jamaican Beef Patty Vegetable Juice Farm Fresh Spinach Fruit Choice Milk Choice</p>
14	15	16		
<p>Whole Grain Chicken Tenders Macaroni and Cheese Green Beans Whole Grain Treat Fruit Choice Milk Choice</p>	<p>Hot Dog on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice</p>	<p>Whole Grain Cheese Pizza Carrot Coins Fruit Choice Milk Choice</p>		

### 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!

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 ●

**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**

