

AUGUST & SEPTEMBER

LUNCH MENU GRADES 6-12



Where the future is present

Allergen & Carbohydrate Information

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

August 30	31	1	2	3
<p>Whole Grain Cheese Pizza 34 WM Broccoli 5 Vegetable Juice 13 Fruit Choice 15 Lemon Blueberry Crispy Bites 21 WSM Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Oven Baked Breaded Chicken Leg 5 W Whole Grain Mini Waffles 37 WSME Vegetable Juice 13 Cucumber Slices & Red Pepper Strips 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Early Release Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Sweet Potato Fries 23 S Celery and Carrot Sticks 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Tex Mex Potato Bar with Seasoned Beef 0 & Cheese Sauce 2 M Potatoes Sidewinders 14 S Whole Grain Coco Roll 33 WS Cilantro Lime Black Beans 16 S Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Potato Crunch Fish Sticks 19 WSM Tartar Sauce 1 SE & Whole Grain Dinner Roll 17 WS OR Whole Grain Grilled Cheese 32 WSM Cinnamon Chipotle Potato Wedges 19 S Fresh Local Seasoned Snap Peas 6 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) Whole Grain Treat 19 WS</p>
<p>LABOR DAY NO SCHOOL</p>	<p>Jamaican Beef Patty 46 WS Vegetable Juice 13 Green Beans 5 Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>All Beef Hot Dog 1 on a Whole Grain Roll 29 WS Vegetarian Baked Beans 30 Fresh Local Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Oven Baked Whole Grain Breaded Chicken Chunks 14 WS with Sweet & Sour Sauce 10 S Seasoned Brown Rice 23 S Ginger & Garlic Bok Choy 5 Czajkowski Farms Vegetable Medley 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>"Cowboy Nachos" Pulled Southern BBQ Turkey 17 S with Taco Chips 20 Cheese Sauce 2 M Corn Niblets 15 Broccoli Florets 5 Fruit Choice 15 Cinnamon Goldfish Grahams 19 WS Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p>Whole Grain Cheese Pizza 34 WM OR Meatball 4 M Grinder on a Sub Roll 27 WS with Cheese 1 SM and Marinara Sauce 5 Vegetable Juice 13 Mediterranean Chickpea Salad with Fresh Parsley and Lemon 18 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Whole Grain Chicken Tenders 16 WS Macaroni and Cheese 14 WME Farm Fresh Collard Greens 5 Carrot Coins 5 Whole Grain Biscuit 30 WSM Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Early Release Beef Burger 1 on a Whole Grain Roll 29 WS Potato Wedges 19 S Red Peppers & Cucumbers 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Chicken Fajitas 3 WS with Red Onions, Green and Red Peppers 5 Whole Grain Flatbread 28 WSM Corn Niblets with Diced Red Peppers 15 Vegetable Juice 13 Shredded Cheese 1 M Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Oven Baked Pork Choppette 11 WS OR Grilled Teriyaki Chicken Dippers 8 WS Seasoned Brown Rice 23 S Oven Roasted Butternut Squash 11 Farm Fresh Green Beans 5 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>

<p style="text-align: right;">20</p> <p>Salisbury Steak 5 WSM with Gravy 5 WSME Mashed Potatoes 13 M Broccoli 5 Whole Grain Coco Roll 33 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">21</p> <p>Whole Grain Pasta 39 WE With Meatballs (Beef) 4 SM Green Zucchini & Summer Squash 5 Carrot Sticks 5 with Low Fat Ranch Dip 5 WSME Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) Whole Grain Garlic Knots 23 WSM</p>	<p style="text-align: right;">22</p> <p>Early Release Jamaican Beef Patty 46 WS 100% Fruit Juice 13 Curried Cabbage 5 Rosemary Red Skin Potato Halves 19 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">23</p> <p>Turkey Taco Meat 3 Taco Chips 19 & Cheese 1 M Fiesta Beans Salad with Fresh Cilantro 22 Corn Niblets 15 Shredded Lettuce & Tomato 5 Fajita Seasoned Brown Rice 23 WS Carrot Sticks 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">24</p> <p>Whole Grain French Toast Sticks 50 WSME Syrup 25 Sugar Free Syrup 5 Chicken Sausage Patty 2 Cheese Omelet 1 SME 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;">27</p> <p>Whole Grain Cheese Pizza 34 WM Broccoli 5 Vegetable Juice 13 Fruit Choice 15 Lemon Blueberry Crispy Bites 21 WSM Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">28</p> <p>Oven Baked Breaded Chicken Leg 5 W Whole Grain Mini Waffles 37 WSME Vegetable Juice 13 Cucumber Slices & Red Pepper Strips 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">29</p> <p>Early Release Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Sweet Potato Fries 23 S Celery and Carrot Sticks 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">30</p> <p>Tex Mex Potato Bar with Seasoned Beef 0 & Cheese Sauce 2 M Potatoes Sidewinders 14 S Whole Grain Coco Roll 33 WS Cilantro Lime Black Beans 16 S Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: center;">Make time for SCHOOL BREAKFAST! Breakfast is served Daily in ALL our schools!</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!

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

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
- Whole Grain Sunbutter Sandwich 56 WS ● Assorted Sandwiches on a Whole Grain Roll 29 WSM ● Assorted Salads with Scott's Whole Grain Roll 33 WS ● Yogurt Parfait 53 WM with

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

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



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