

AUGUST & SEPTEMBER

LUNCH MENU GRADES 6-12



Where the future is present

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

August 30	31	1	2	3
<p>Whole Grain Cheese Pizza Broccoli Vegetable Juice Lemon Blueberry Crispy Bites Fruit Choice Milk Choice</p>	<p>Whole Grain Waffles Baked Breaded Chicken Drumstick Vegetable Juice Cucumber Slices and Red Pepper Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>Early Release Breaded Chicken Fillet on a Whole Grain Roll Sweet Potato Fries Celery and Carrot Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>Tex Mex Potato Bar with Seasoned Beef, Cheese Sauce, Potato Sidewinders, and Whole Grain Coco Roll Cilantro Lime Black Beans Farm Fresh Broccoli Fruit Choice Milk Choice</p>	<p>Potato Crunch Fish Sticks with Tartar Sauce Whole Grain Dinner Roll OR Whole Grain Grilled Cheese Cinnamon Chipotle Potato Wedges Fresh Local Seasoned Snap Peas Fruit Choice Milk Choice Whole Grain Treat</p>
<p>6 LABOR DAY NO SCHOOL</p>	<p>7 Whole Grain Jamaican Beef Patty Vegetable Juice Green Beans Whole Grain Treat Fruit Choice Milk Choice</p>	<p>8 All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Fresh Local Carrot Coins Fruit Choice Milk Choice</p>	<p>9 Oven Roasted Whole Grain Breaded Chicken Chunks with Sweet and Sour Sauce Seasoned Brown Rice Ginger and Garlic Farm Fresh Bok Choy Czajkowski Farms Vegetable Medley Fruit Choice Milk Choice</p>	<p>10 "Cowboy Nachos" Southern BBQ Pulled Turkey with Whole Grain Taco Chips and Cheese Sauce Corn Niblets Broccoli Florets Cinnamon Goldfish Grahams Fruit Choice Milk Choice</p>
<p>13 Whole Grain Cheese Pizza OR Meatball Grinder with Marinara on a Whole Grain Roll Vegetable Juice Mediterranean Chickpea Salad with Fresh Parsley and Lemon Fruit Choice Milk Choice</p>	<p>14 Oven Baked Whole Grain Chicken Tenders Whole Grain Macaroni and Cheese Farm Fresh Collard Greens Carrot Coins Whole Grain Biscuit Fruit Choice Milk Choice</p>	<p>15 Early Release Beef Burger on a Whole Grain Roll Potato Wedges Red Peppers and Cucumbers with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>16 Chicken Fajitas with Red Onion, Green and Red Peppers and Shredded Cheese on Whole Grain Flatbread Corn Niblets with Diced Red Peppers Vegetable Juice Fruit Choice Milk Choice</p>	<p>17 Oven Baked Pork Choppette OR Teriyaki Chicken Dippers Seasoned Brown Rice Farm Fresh Green Beans Oven Roasted Butternut Squash Whole Grain Dinner Roll Fruit Choice Milk Choice</p>

<p style="text-align: center;">20</p> <p>Salisbury Steak Mashed Potatoes with Gravy Broccoli Whole Grain Coco Roll Fruit Choice Milk Choice</p>	<p style="text-align: center;">21</p> <p>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Whole Grain Garlic Knots Green Zucchini and Summer Squash Carrot Sticks and Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p style="text-align: center;">22</p> <p>Early Release Whole Grain Jamaican Beef Patty 100% Fruit Juice Curried Cabbage Red Skin Potato Halves Fruit Choice Milk Choice</p>	<p style="text-align: center;">23</p> <p>Turkey Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro Shredded Lettuce and Tomato Shredded Cheese Corn Niblets Fajita Seasoned Brown Rice Carrot Sticks and Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p style="text-align: center;">24</p> <p>Whole Grain Maple Glazed French Toast Sticks Turkey Sausage Patty Omelet Turkey Sausage Hartford Fresh Local HomeFries Vegetable Juice Fruit Choice Milk Choice</p>
<p style="text-align: center;">27</p> <p>Whole Grain Cheese Pizza Vegetable Juice Green Beans Lemon Blueberry Crispy Bites Fruit Choice Milk Choice</p>	<p style="text-align: center;">28</p> <p>Whole Grain Waffles Baked Breaded Chicken Drumstick Vegetable Juice Cucumber Slices and Red Pepper Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p style="text-align: center;">29</p> <p>Early Release Breaded Chicken Fillet on a Whole Grain Roll Cross Trax Sweet Potatoes Celery and Carrot Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p style="text-align: center;">30</p> <p>Tex Mex Potato Bar with Seasoned Beef, Cheese Sauce, Potato Sidewinders, and Whole Grain Coco Roll Cilantro Lime Black Beans Farm Fresh Broccoli Fruit Choice Milk Choice</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!

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

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 ●



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

