



LUNCH MENU

GRADES 6-12

Allergen & Carbohydrate Information



Where the future is present

MONDAY

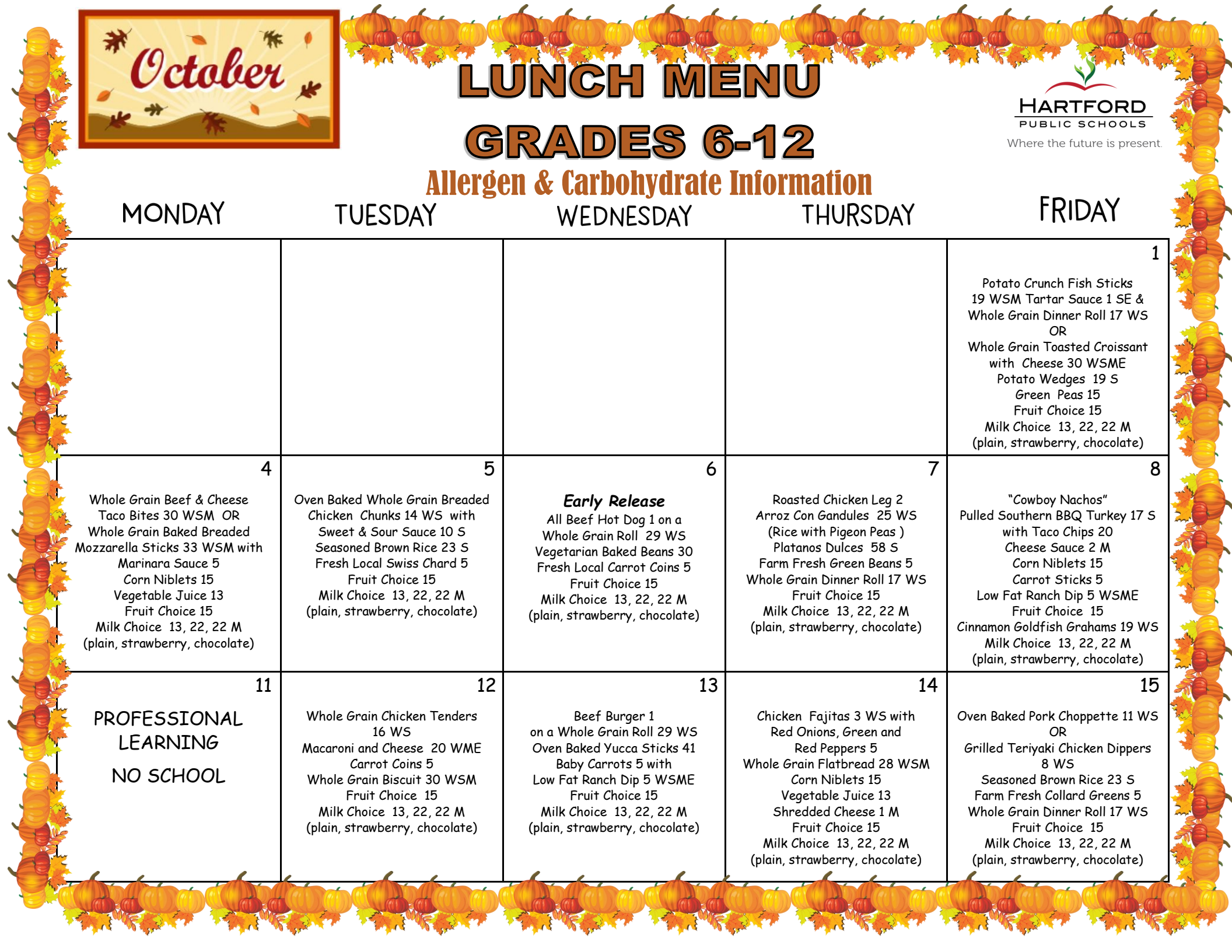
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p>1</p> <p>Potato Crunch Fish Sticks 19 WSM Tartar Sauce 1 SE & Whole Grain Dinner Roll 17 WS OR Whole Grain Toasted Croissant with Cheese 30 WSME Potato Wedges 19 S Green Peas 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p>4</p> <p>Whole Grain Beef & Cheese Taco Bites 30 WSM OR Whole Grain Baked Breaded Mozzarella Sticks 33 WSM with Marinara Sauce 5 Corn Niblets 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>5</p> <p>Oven Baked Whole Grain Breaded Chicken Chunks 14 WS with Sweet & Sour Sauce 10 S Seasoned Brown Rice 23 S Fresh Local Swiss Chard 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>6</p> <p>Early Release 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>7</p> <p>Roasted Chicken Leg 2 Arroz Con Gandules 25 WS (Rice with Pigeon Peas) Platanos Dulces 58 S 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>8</p> <p>"Cowboy Nachos" Pulled Southern BBQ Turkey 17 S with Taco Chips 20 Cheese Sauce 2 M Corn Niblets 15 Carrot Sticks 5 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Cinnamon Goldfish Grahams 19 WS Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p>11</p> <p>PROFESSIONAL LEARNING NO SCHOOL</p>	<p>12</p> <p>Whole Grain Chicken Tenders 16 WS Macaroni and Cheese 20 WME Carrot Coins 5 Whole Grain Biscuit 30 WSM Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>13</p> <p>Beef Burger 1 on a Whole Grain Roll 29 WS Oven Baked Yucca Sticks 41 Baby Carrots 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>14</p> <p>Chicken Fajitas 3 WS with Red Onions, Green and Red Peppers 5 Whole Grain Flatbread 28 WSM Corn Niblets 15 Vegetable Juice 13 Shredded Cheese 1 M Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>15</p> <p>Oven Baked Pork Choppette 11 WS OR Grilled Teriyaki Chicken Dippers 8 WS Seasoned Brown Rice 23 S Farm Fresh Collard Greens 5 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>



18	19	20	21	22
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)	Whole Grain Pasta 39 WE With Meatballs (Beef) 4 SM 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	Early Release Jamaican Beef Patty 46 WS Vegetable Juice 13 Rosemary Red Skin Potato Halves 19 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Turkey Taco Meat 3 Taco Chips 19 & Cheese 1 M Fiesta Beans Salad with Fresh Cilantro 22 Corn Niblets 15 Fajita Seasoned Brown Rice 23 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	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)
25	26	27	28	29
Whole Grain Cheese Pizza 34 WM Green Beans 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) Lemon Blueberry Crispy Bites 21 WSM	Oven Baked Breaded Chicken Leg 5 W Whole Grain Mini Waffles 37 WSME Vegetable Juice 13 Baby Carrots 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Early Release Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Sweet Potato Fries 23 S Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Tex Mex Potato Bar with Seasoned Beef 0 & Cheese Sauce 2 M Potatoes Sidewinders 14 S Whole Grain Coco Roll 33 WS Vegetarian Baked Beans 30 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Potato Crunch Fish Sticks 19 WSM Tartar Sauce 1 SE & Whole Grain Dinner Roll 17 WS OR Whole Grain Grilled Cheese 32 WSM Potato Wedges 19 S Green Peas 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)

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, 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.

This Is An Equal Opportunity Institution

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

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!

