



# LUNCH MENU

## GRADES 6-12



MONDAY

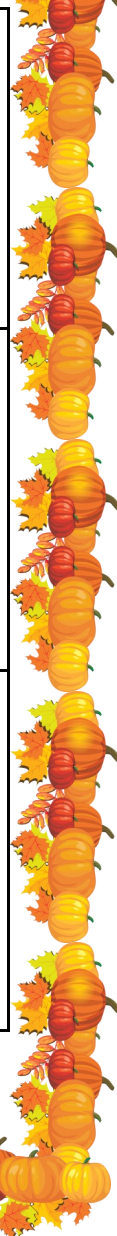
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Potato Crunch Fish Sticks with Tartar Sauce Whole Grain Dinner Roll OR Whole Grain Toasted Croissant with Cheese Potato Wedges Green Peas Fruit Choice Milk Choice
4 Whole Grain Beef and Cheese Totally Taco Bites OR Whole Grain Breaded Mozzarella Sticks with Marinara Sauce Corn Niblets Vegetable Juice Fruit Choice Milk Choice	5 Oven Roasted Whole Grain Breaded Chicken Chunks with Sweet and Sour Sauce Seasoned Brown Rice Fresh Local Rainbow Swiss Chard Fruit Choice Milk Choice	6 <b>Early Release</b> All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Fresh Local Carrot Coins Fruit Choice Milk Choice	7 Unbreaded Roasted Chicken Leg Rice with Pigeon Peas Sweet Plantains Farm Fresh Green Beans Whole Grain Dinner Roll Fruit Choice Milk Choice	8 "Cowboy Nachos" Southern BBQ Pulled Turkey with Whole Grain Taco Chips and Cheese Sauce Corn Niblets Carrot Sticks with Low Fat Ranch Dip Cinnamon Goldfish Grahams Fruit Choice
11 PROFESSIONAL LEARNING NO SCHOOL	12 Whole Grain Breaded Chicken Tenders Whole Grain Macaroni and Cheese Carrot Coins Whole Grain Biscuit Fruit Choice Milk Choice	13 Hamburger on a Whole Grain Roll Oven Baked Yucca Sticks Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice	14 Chicken Fajitas with Red Onion, Green and Red Peppers and Shredded Cheese on Whole Grain Flatbread Corn Niblets Vegetable Juice Fruit Choice Milk Choice	15 Oven Baked Pork Choppette OR Grilled Teriyaki Chicken Dippers Seasoned Brown Rice Farm Fresh Collard Greens Oven Roasted Butternut Squash Whole Grain Dinner Roll Fruit Choice Milk Choice



18	19	20	21	22
<p>Salisbury Steak Mashed Potatoes with Gravy Broccoli Whole Grain Coco Roll Fruit Choice Milk Choice</p>	<p>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Carrot Sticks and Low Fat Ranch Dip Whole Grain Garlic Knots Fruit Choice Milk Choice</p>	<p><b>Early Release</b> Whole Grain Jamaican Beef Patty Vegetable Juice Red Skin Potato Halves Fruit Choice Milk Choice</p>	<p>Turkey Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro Shredded Cheese Corn Niblets Fajita Seasoned Brown Rice Fruit Choice Milk Choice</p>	<p>Whole Grain Maple Glazed French Toast Sticks Turkey Sausage Patty Omelet Hartford Fresh Local HomeFries Carrot Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>
25	26	27	28	29
<p>Whole Grain Cheese Pizza Green Beans Lemon Blueberry Crispy Bites Fruit Choice Milk Choice</p>	<p>Whole Grain Waffles Baked Breaded Chicken Drumstick Vegetable Juice Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p><b>Early Release</b> Breaded Chicken Fillet on a Whole Grain Roll Cross Trax Sweet Potatoes Fruit Choice Milk Choice</p>	<p>Tex Mex Potato Bar with Seasoned Beef, Cheese Sauce, Potato Sidewinders, and Whole Grain Roll Vegetarian Baked 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 Potato Wedges Green Peas 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!

**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 ●

*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!

**Make time for SCHOOL BREAKFAST!**  
Breakfast is served Daily in ALL our schools!



**This Is An Equal Opportunity Institution**