

NOVEMBER

LUNCH MENU GRADES 6-12

Allergen & Carbohydrate Information



Where the future is present.

MONDAY

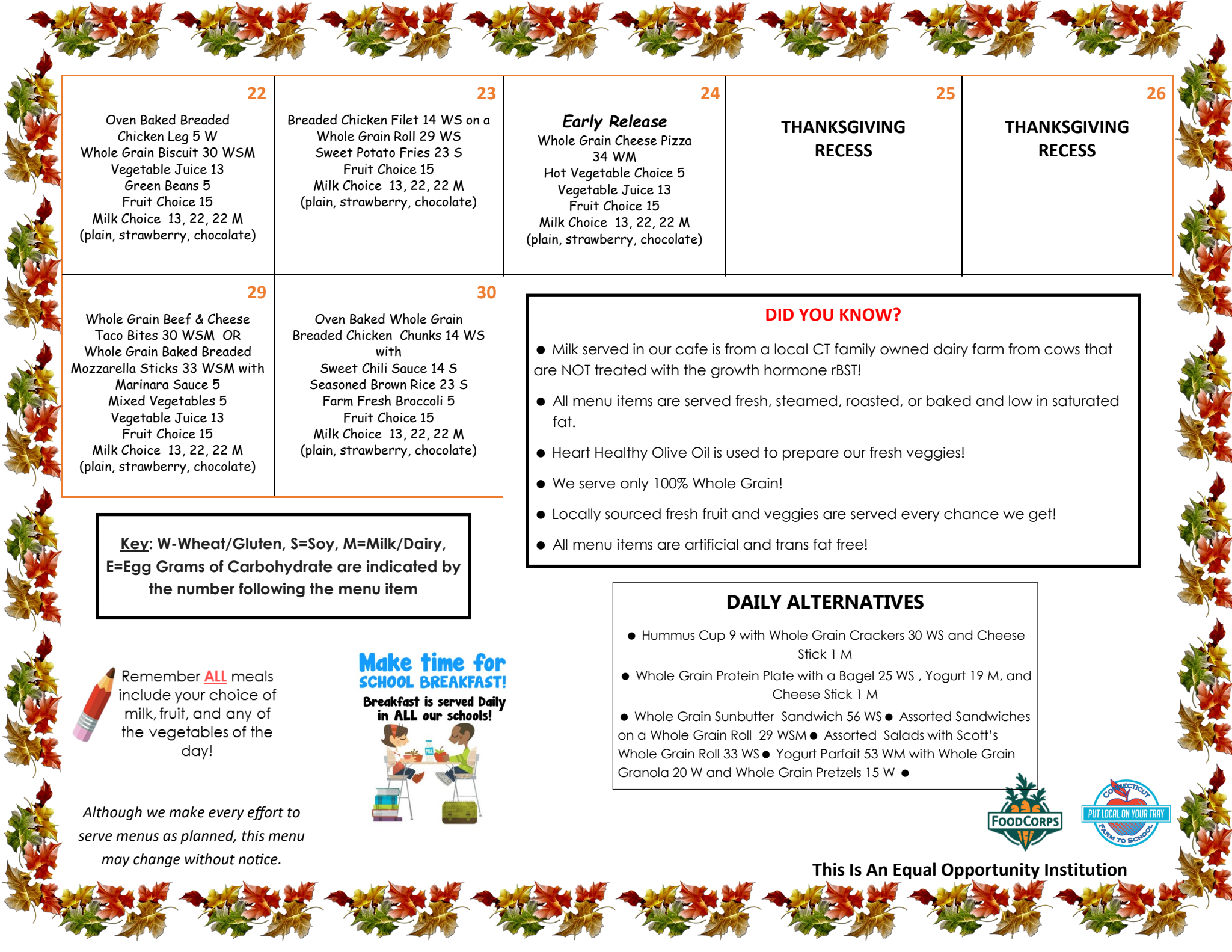
TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

<p style="text-align: right;">1</p> <p>Whole Grain Cheese Pizza 34 WM 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 style="text-align: right;">2</p> <p>PROFESSIONAL LEARNING NO SCHOOL</p>	<p style="text-align: right;">3</p> <p>All Beef Hot Dog 1 on a Whole Grain Roll 29 WS Vegetarian Baked Beans 30 Baby Carrots 5 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">4</p> <p>Roasted Chicken Leg 2 Arroz Con Gandules 25 WS (Rice with Pigeon Peas) Farm Fresh Butternut Squash 11 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">5</p> <p>Oven Baked Whole Grain Breaded Chicken Chunks 14 WS with Sweet Chili Sauce 14 S Seasoned Brown Rice 23 S Ginger and Garlic Farm Fresh Bok Choy 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p style="text-align: right;">8</p> <p>Whole Grain Cheese Pizza 34 WM Baby Carrots 5 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">9</p> <p>Whole Grain Macaroni and Cheese 30 WME Broccoli 5 Whole Grain Treat 19 WS Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">10</p> <p>Early Release Hamburger 1 on a Whole Grain Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">11</p> <p>VETERANS DAY NO SCHOOL</p>	<p style="text-align: right;">12</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 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p style="text-align: right;">15</p> <p>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)</p>	<p style="text-align: right;">16</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;">17</p> <p>Early Release Jamaican Beef Patty 46 WS Vegetable Juice 13 Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">18</p> <p>Turkey Taco Meat 3 Taco Chips 19 & Cheese 1 M Fiesta Beans Salad Fresh Cilantro 22 Baby Carrots 5 Low Fat Ranch Dip 5 WSME Fajita Seasoned Brown Rice 23 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">19</p> <p>Whole Grain Chicken Tenders 16 WS Farm Fresh Spinach 5 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>



<p>22</p> <p>Oven Baked Breaded Chicken Leg 5 W Whole Grain Biscuit 30 WSM Vegetable Juice 13 Green Beans 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>23</p> <p>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)</p>	<p>24</p> <p>Early Release Whole Grain Cheese Pizza 34 WM Hot Vegetable Choice 5 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>25</p> <p>THANKSGIVING RECESS</p>	<p>26</p> <p>THANKSGIVING RECESS</p>
<p>29</p> <p>Whole Grain Beef & Cheese Taco Bites 30 WSM OR Whole Grain Baked Breaded Mozzarella Sticks 33 WSM with Marinara Sauce 5 Mixed Vegetables 5 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>30</p> <p>Oven Baked Whole Grain Breaded Chicken Chunks 14 WS with Sweet Chili Sauce 14 S Seasoned Brown Rice 23 S Farm Fresh Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>DID YOU KNOW?</p> <ul style="list-style-type: none"> ● 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

 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!



- 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 Whole Grain Granola 20 W and Whole Grain Pretzels 15 W ●

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



This Is An Equal Opportunity Institution