

DECEMBER

# LUNCH MENU

## GRADES K-8



Where the future is present.

### Allergen & Carbohydrate Information

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 All Beef Hot Dog 1 on a Whole Grain Roll 29 WS Vegetarian Baked Beans 30 Carrot Sticks 5 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	2 Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Farm Fresh Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	3 Roasted Chicken Leg 2 Arroz Con Gandules 25 WS (Rice with Pigeon Peas) Farm Fresh Green Beans 5 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)
6 Whole Grain Cheese Pizza 34 WM Carrot Sticks 5 Low Fat Ranch Dip 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	7 Whole Grain Chicken Tenders 12 WS Macaroni and Cheese 20 WME Farm Fresh Spinach 5 Whole Grain Biscuit 30 WSM Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	8 Beef Burger 1 on a Whole Grain Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	9 Chicken Fajitas 3 WS with Red Onions, Green and Red Peppers 5 Whole Grain Flatbread 28 WSM Fiesta Beans Salad 22 Vegetable Juice 13 Shredded Cheese 1 M Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	10 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)
13 Whole Grain Cheese Pizza 34 WM Corn Niblets 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	14 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)	15 Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	16 Turkey Taco Meat 3 Taco Chips 19 & Cheese 1 M Fiesta Beans Salad 22 Fajita Seasoned Brown Rice 23 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	17 Roasted Chicken Leg 2 Arroz Con Gandules 25 WS (Rice with Pigeon Peas) Farm Fresh Green Beans 5 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)

20	21	22	23	24
Twin Burgers on Whole Grain Rolls 33 WSM Potato Wedges 19 S Green Peas 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Oven Baked Breaded Chicken Leg 5 W Whole Grain Corn Muffin 28 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)	Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Whole Grain Cheese Pizza 34 WM Green Beans 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	WINTER RECESS
27	28	29	30	31
WINTER RECESS	WINTER RECESS	WINTER RECESS	WINTER RECESS	WINTER RECESS

### 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 (or Whole Grain Banana or Zucchini Slice 45 WSME), Yogurt 19 M, and Cheese Stick 1 M

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

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

**This Is An Equal Opportunity Institution**

### 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!

**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!

