

DECEMBER

PRE-PACK LUNCH MENU

GRADES 9-12



Allergen & Carbohydrate Information

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		<p>1</p> <p>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)</p>	<p>2</p> <p>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)</p>	<p>3</p> <p>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)</p>
<p>6</p> <p>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)</p>	<p>7</p> <p>Whole Grain Chicken Tenders 18 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)</p>	<p>8</p> <p>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)</p>	<p>9</p> <p>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)</p>	<p>10</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>13</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>14</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>15</p> <p>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)</p>	<p>16</p> <p>Beef Taco Meat 3 WS 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)</p>	<p>17</p> <p>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)</p>

20	21	22	23	24
<p>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)</p>	<p>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)</p>	<p>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)</p>	<p>Whole Grain Cheese Pizza 34 WM Green Beans 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>WINTER RECESS</p>
27	28	29	30	31
<p>WINTER RECESS</p>	<p>WINTER RECESS</p>	<p>WINTER RECESS</p>	<p>WINTER RECESS</p>	<p>WINTER RECESS</p>

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

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

- 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

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

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!

This Is An Equal Opportunity Institution

