

**DECEMBER**

# PRE-PACK LUNCH MENU

## GRADES 9-12



Where the future is present.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

		<p><b>1</b></p> <p>All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p><b>2</b></p> <p>Breaded Chicken Fillet on a Whole Grain Roll Broccoli Fruit Choice Milk Choice</p>	<p><b>3</b></p> <p>Unbreaded Roasted Chicken Leg Brown Rice Farm Fresh Green Beans Whole Grain Dinner Roll Fruit Choice Milk Choice</p>
<p><b>6</b></p> <p>Whole Grain Cheese Pizza Vegetable Juice Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p><b>7</b></p> <p>Whole Grain Breaded Chicken Tenders Macaroni &amp; Cheese Farm Fresh Spinach Whole Grain Biscuit Fruit Choice Milk Choice</p>	<p><b>8</b></p> <p>Hamburger on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice</p>	<p><b>9</b></p> <p>Chicken Fajitas with Red Onion, Green and Red Peppers and Shredded Cheese on Whole Grain Flatbread Corn Niblets Fiesta Beans Vegetable Juice Fruit Choice Milk Choice</p>	<p><b>10</b></p> <p>Oven Baked Pork Choppette OR Grilled Teriyaki Chicken Dippers Brown Rice Oven Roasted Butternut Squash Whole Grain Dinner Roll Fruit Choice Milk Choice</p>
<p><b>13</b></p> <p>Whole Grain Cheese Pizza Vegetable Juice Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p><b>14</b></p> <p>Salisbury Steak Mashed Potatoes with Gravy Broccoli Scott's Whole Grain Roll Fruit Choice Milk Choice</p>	<p><b>15</b></p> <p>Breaded Chicken Fillet on a Whole Grain Roll Carrot Coins Fruit Choice Milk Choice</p>	<p><b>16</b></p> <p>Beef Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro Corn Niblets Shredded Cheese Brown Rice Fruit Choice Milk Choice</p>	<p><b>17</b></p> <p>Unbreaded Roasted Chicken Leg Brown Rice Farm Fresh Green Beans Whole Grain Dinner Roll Fruit Choice Milk Choice</p>

<b>20</b> Whole Grain Twin Burgers Potato Wedges Green Peas Fruit Choice Milk Choice	<b>21</b> Baked Breaded Chicken Drumstick Corn Muffin Vegetable Juice Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice	<b>22</b> Breaded Chicken Fillet on a Whole Grain Roll Carrot Coins Fruit Choice Milk Choice	<b>23</b> Whole Grain Cheese Pizza Green Beans Fruit Choice Milk Choice	<b>24</b> <b>WINTER RECESS</b>
<b>27</b> <b>WINTER RECESS</b>	<b>28</b> <b>WINTER RECESS</b>	<b>29</b> <b>WINTER RECESS</b>	<b>30</b> <b>WINTER RECESS</b>	<b>31</b> <b>WINTER RECESS</b>

### 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

### 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!

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

