

# NOVEMBER

## LUNCH MENU

### GRADES 6-12



Where the future is present.

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

<p>1</p> <p>Whole Grain Cheese Pizza OR Baked Whole Grain Breaded Mozzarella Sticks with Marinara Sauce Corn Niblets Vegetable Juice Fruit Choice Milk Choice</p>	<p>2</p> <p><b>PROFESSIONAL LEARNING</b></p> <p><b>NO SCHOOL</b></p>	<p>3</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>4</p> <p>Unbreaded Roasted Chicken Leg Rice with Pigeon Peas Farm Fresh Local Butternut Squash Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p>5</p> <p>Oven Baked Chicken Chunks in Sweet Chili Sauce Seasoned Brown Rice Ginger and Garlic Farm Fresh Bok Choy Fruit Choice Milk Choice</p>
<p>8</p> <p>Whole Grain Cheese Pizza Baby Carrots with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>	<p>9</p> <p>Whole Grain Macaroni and Cheese Broccoli Whole Grain Treat Fruit Choice Milk Choice</p>	<p>10</p> <p>Hamburger on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice</p>	<p>11</p> <p><b>VETERANS DAY</b></p> <p><b>NO SCHOOL</b></p>	<p>12</p> <p>Oven Baked Pork Choppette OR Grilled Teriyaki Chicken Dippers Seasoned Brown Rice Oven Roasted Butternut Squash Whole Grain Dinner Roll Fruit Choice Milk Choice</p>
<p>15</p> <p>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Carrot Sticks and Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>16</p> <p>Salisbury Steak Mashed Potatoes with Gravy Broccoli Whole Grain Coco Roll Fruit Choice Milk Choice</p>	<p>17</p> <p>Whole Grain Jamaican Beef Patty Corn Niblets 100% Vegetable Juice Fruit Choice Milk Choice</p>	<p>18</p> <p>Turkey Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro Shredded Cheese Fajita Seasoned Brown Rice Carrot Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>19</p> <p>Whole Grain Breaded Chicken Tenders Farm Fresh Spinach Rosemary Redskin Potatoes Whole Grain Dinner Roll Fruit Choice Milk Choice</p>



<p style="text-align: right;"><b>22</b></p> <p>Baked Breaded Chicken Drumstick Whole Grain Biscuit Vegetable Juice Green Beans Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>23</b></p> <p>Breaded Chicken Fillet on a Whole Grain Roll Sweet Potato Fries Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>24</b></p> <p>Whole Grain Cheese Pizza Hot Vegetable Choice Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>25</b></p> <p style="text-align: center;"><b>THANKSGIVING RECESS</b></p>	<p style="text-align: right;"><b>26</b></p> <p style="text-align: center;"><b>THANKSGIVING RECESS</b></p>
<p style="text-align: right;"><b>29</b></p> <p>Whole Grain Beef and Cheese Totally Taco Bites OR Baked Whole Grain Breaded Mozzarella Sticks with Marinara Sauce Mixed Vegetables Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;"><b>30</b></p> <p>Oven Baked Chicken Chunks in Sweet Chili Sauce Seasoned Brown Rice Farm Fresh Broccoli Fruit Choice Milk Choice</p>	<p style="text-align: center;"><b>DID YOU KNOW?</b></p> <ul style="list-style-type: none"> <li>● 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!</li> <li>● All menu items are served fresh, steamed, roasted, or baked and low in saturated fat.</li> <li>● Heart Healthy Olive Oil is used to prepare our fresh veggies!</li> <li>● We serve only 100% Whole Grain!</li> <li>● Locally sourced fresh fruit and veggies are served every chance we get!</li> <li>● All menu items are artificial and trans fat free!</li> </ul>		

**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!



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

**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 ●

**This Is An Equal Opportunity Institution**