

# NOVEMBER

## LUNCH MENU GRADES 6-12

### Allergen & Carbohydrate Information



Where the future is present.

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

1

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)

2

**PROFESSIONAL LEARNING**  
**NO SCHOOL**

3

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)

4

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)

5

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)

8

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)

9

Whole Grain Macaroni and Cheese  
30 WME  
Broccoli 5  
Whole Grain Treat 19 WS  
Milk Choice 13, 22, 22 M  
(plain, strawberry, chocolate)

10

**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)

11

**VETERANS DAY**  
**NO SCHOOL**

12

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)

15

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)

16

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)

17

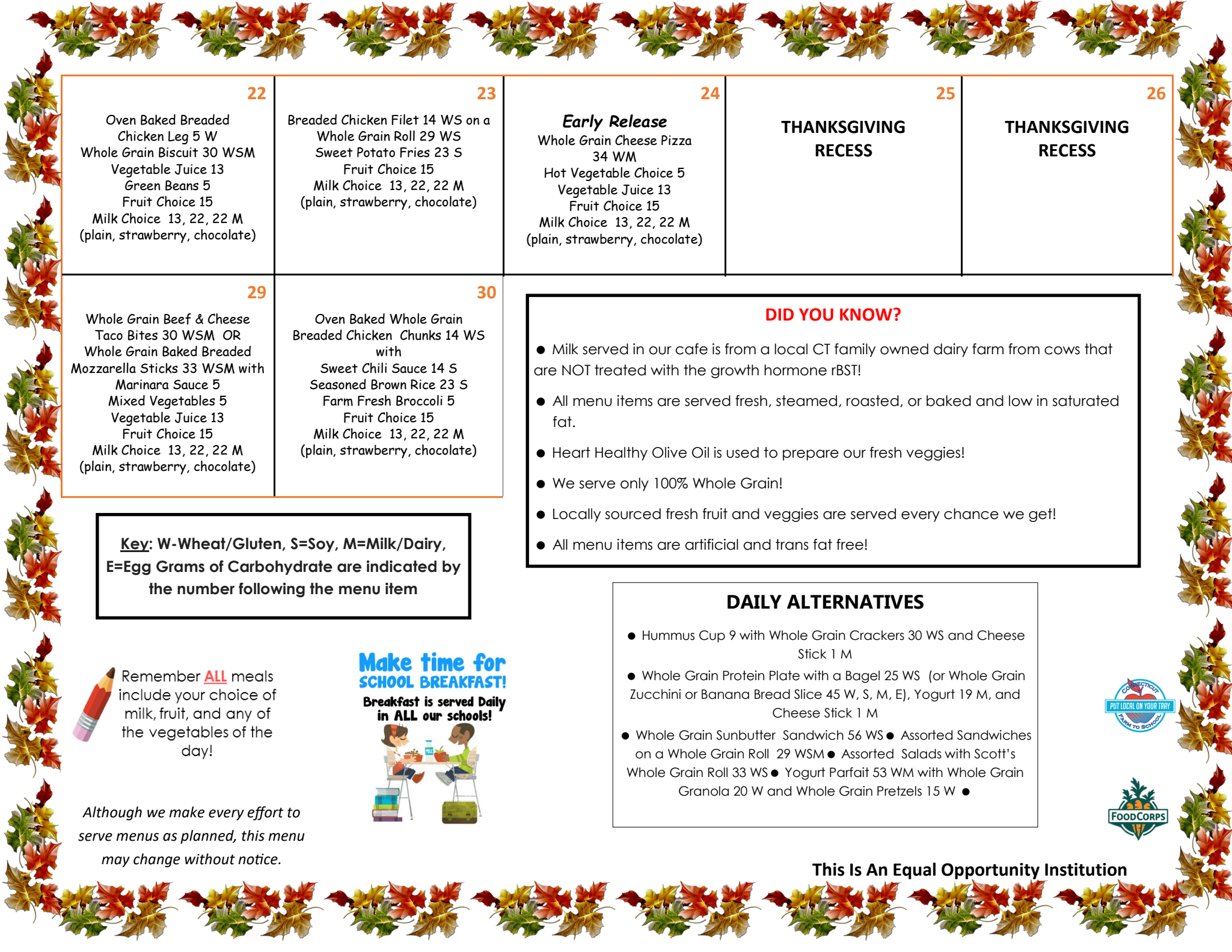
**Early Release**  
Jamaican Beef Patty 46 WS  
Vegetable Juice 13  
Corn Niblets 15  
Fruit Choice 15  
Milk Choice 13, 22, 22 M  
(plain, strawberry, chocolate)

18

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)

19

Whole Grain Chicken Tenders  
16 WS  
Farm Fresh Spinach 5  
Rosemary Redskin Potatoes 15  
Whole Grain Dinner Roll 17 WS  
Fruit Choice 15  
Milk Choice 13, 22, 22 M  
(plain, strawberry, chocolate)



**22**

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)

**23**

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)

**24**

**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)

**25**

**THANKSGIVING RECESS**

**26**

**THANKSGIVING RECESS**

**29**

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)

**30**

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)

**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!

**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!



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

**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 Zucchini or Banana Bread Slice 45 W, S, M, E), 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 ●



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