

NOVEMBER

LUNCH MENU

GRADES K-8



Where the future is present.

Allergen & Carbohydrate Information

MONDAY

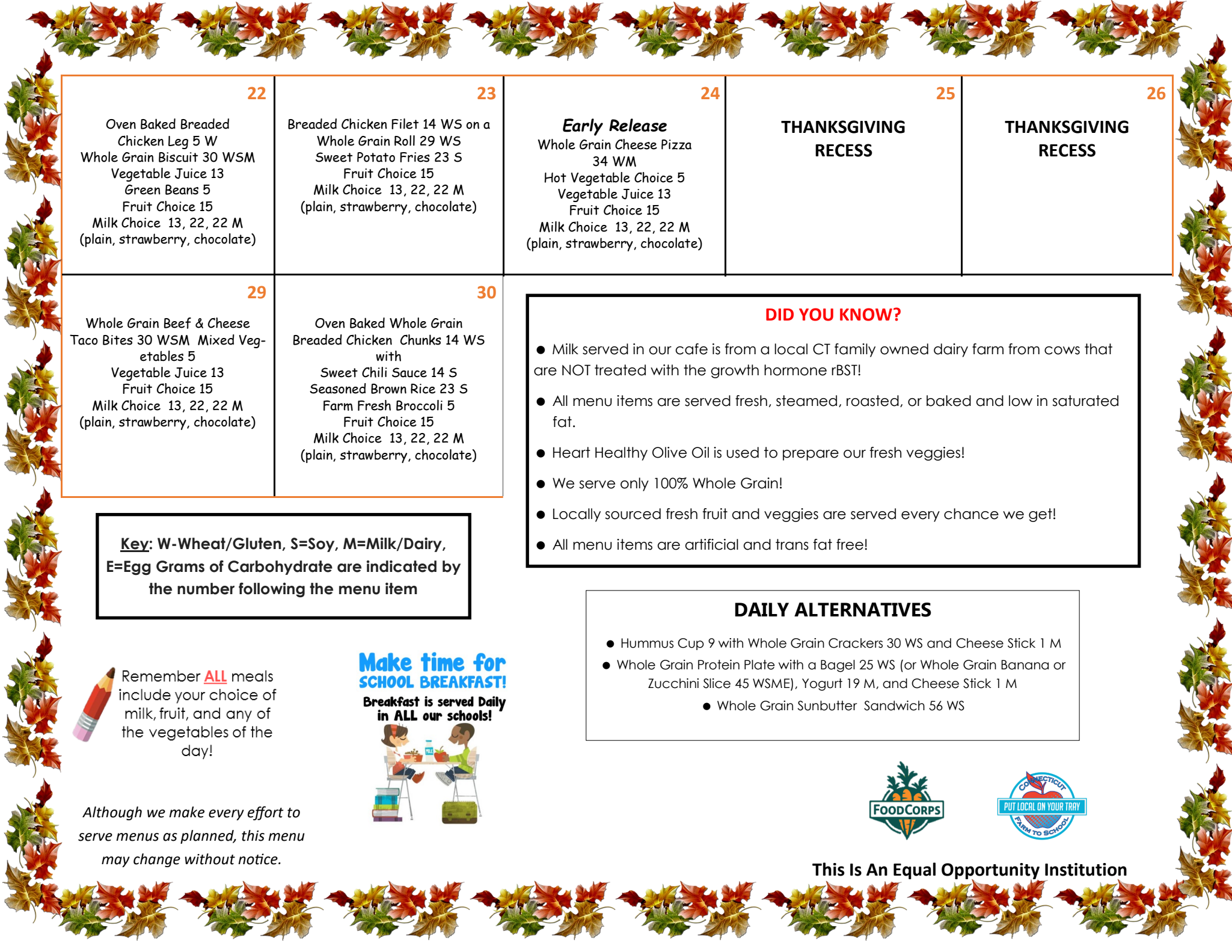
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
<p>Whole Grain Cheese Pizza 34 WM Corn Niblets 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>PROFESSIONAL LEARNING NO SCHOOL</p>	<p>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) PreK : WG Chicken Tenders 12 WS</p>	<p>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)</p>	<p>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)</p>
<p>8</p> <p>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)</p>	<p>9</p> <p>Whole Grain Macaroni and Cheese 30 WME Broccoli 5 Whole Grain Treat 19 WS Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>10</p> <p>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)</p>	<p>11</p> <p>VETERANS DAY NO SCHOOL</p>	<p>12</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 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p>15</p> <p>Whole Grain Pasta 30 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)</p>	<p>16</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>17</p> <p>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)</p>	<p>18</p> <p>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)</p>	<p>19</p> <p>Whole Grain Chicken Tenders 12 WS Farm Fresh Spinach 5 Whole Grain Roll 17 WS Rosemary Redskin Potatoes 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>



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 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

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
 - Whole Grain Sunbutter Sandwich 56 WS



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.



This Is An Equal Opportunity Institution