

NOVEMBER

PRE-PACK LUNCH MENU GRADES 9-12



Where the future is present.

MONDAY

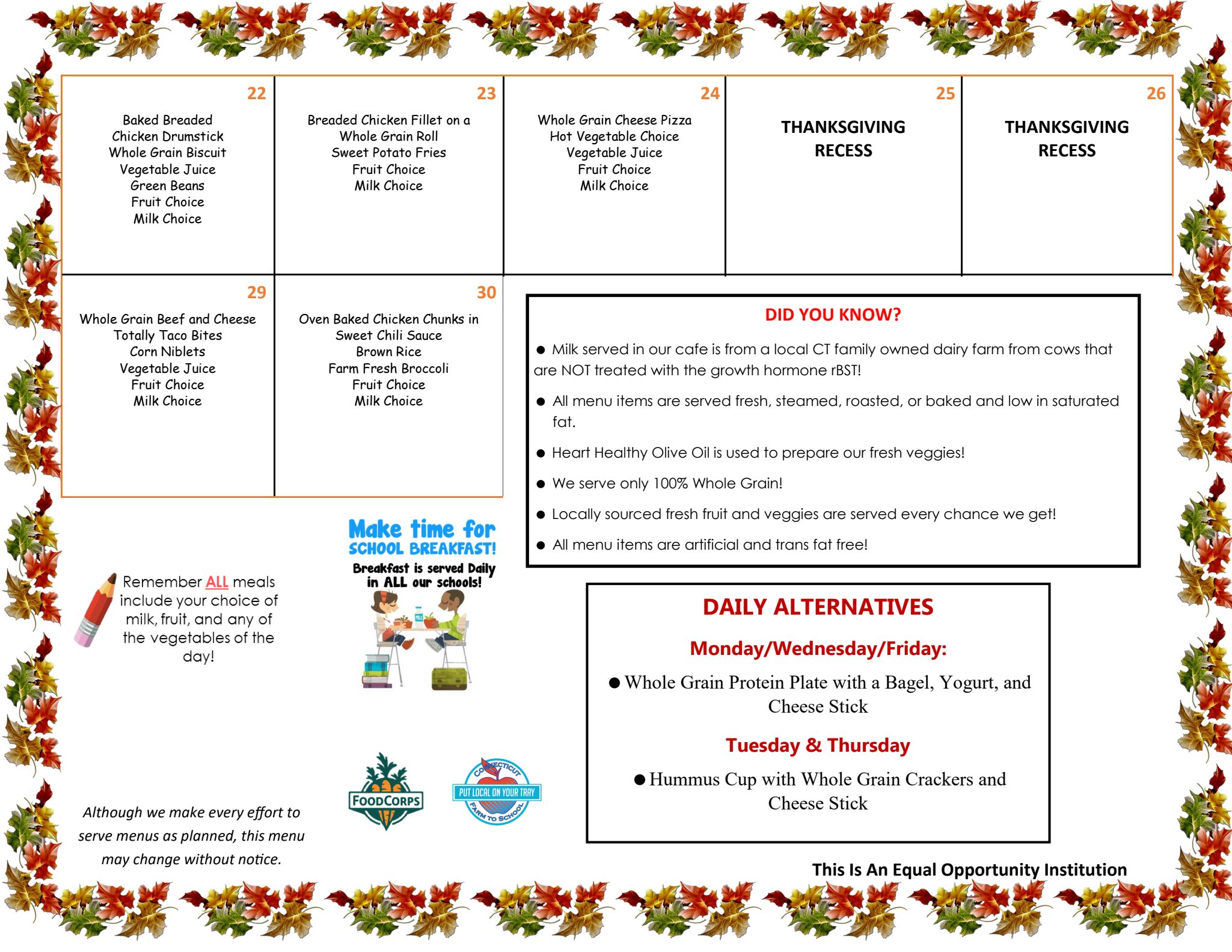
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: right;">1</p> <p>Whole Grain Cheese Pizza Corn Niblets Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">2</p> <p>PROFESSIONAL LEARNING NO SCHOOL</p>	<p style="text-align: right;">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 style="text-align: right;">4</p> <p>Unbreaded Roasted Chicken Leg Brown Rice Farm Fresh Butternut Squash Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">5</p> <p>Oven Baked Chicken Chunks in Sweet Chili Sauce Brown Rice Farm Fresh Bok Choy Fruit Choice Milk Choice</p>
<p style="text-align: right;">8</p> <p>Whole Grain Cheese Pizza Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p style="text-align: right;">9</p> <p>Whole Grain Macaroni and Cheese Broccoli Whole Grain Treat Fruit Choice Milk Choice</p>	<p style="text-align: right;">10</p> <p>Hamburger on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice</p>	<p style="text-align: right;">11</p> <p>VETERANS DAY NO SCHOOL</p>	<p style="text-align: right;">12</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 style="text-align: right;">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 style="text-align: right;">16</p> <p>Salisbury Steak Mashed Potatoes with Gravy Broccoli Whole Grain Coco Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">17</p> <p>Whole Grain Jamaican Beef Patty Corn Niblets 100% Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">18</p> <p>Beef Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro Corn Niblets Brown Rice Fruit Choice Milk Choice</p>	<p style="text-align: right;">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;">22</p> <p>Baked Breaded Chicken Drumstick Whole Grain Biscuit Vegetable Juice Green Beans Fruit Choice Milk Choice</p>	<p style="text-align: right;">23</p> <p>Breaded Chicken Fillet on a Whole Grain Roll Sweet Potato Fries Fruit Choice Milk Choice</p>	<p style="text-align: right;">24</p> <p>Whole Grain Cheese Pizza Hot Vegetable Choice Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">25</p> <p style="text-align: center;">THANKSGIVING RECESS</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">THANKSGIVING RECESS</p>
<p style="text-align: right;">29</p> <p>Whole Grain Beef and Cheese Totally Taco Bites Corn Niblets Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">30</p> <p>Oven Baked Chicken Chunks in Sweet Chili Sauce Brown Rice Farm Fresh Broccoli Fruit Choice Milk Choice</p>	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">DID YOU KNOW?</p> <ul style="list-style-type: none"> ● 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! </div>		



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

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

This Is An Equal Opportunity Institution