

# NOVEMBER

## PRE-PACK LUNCH MENU

### GRADES 9-12

### Allergen & Carbohydrate Information



Where the future is present.

#### MONDAY

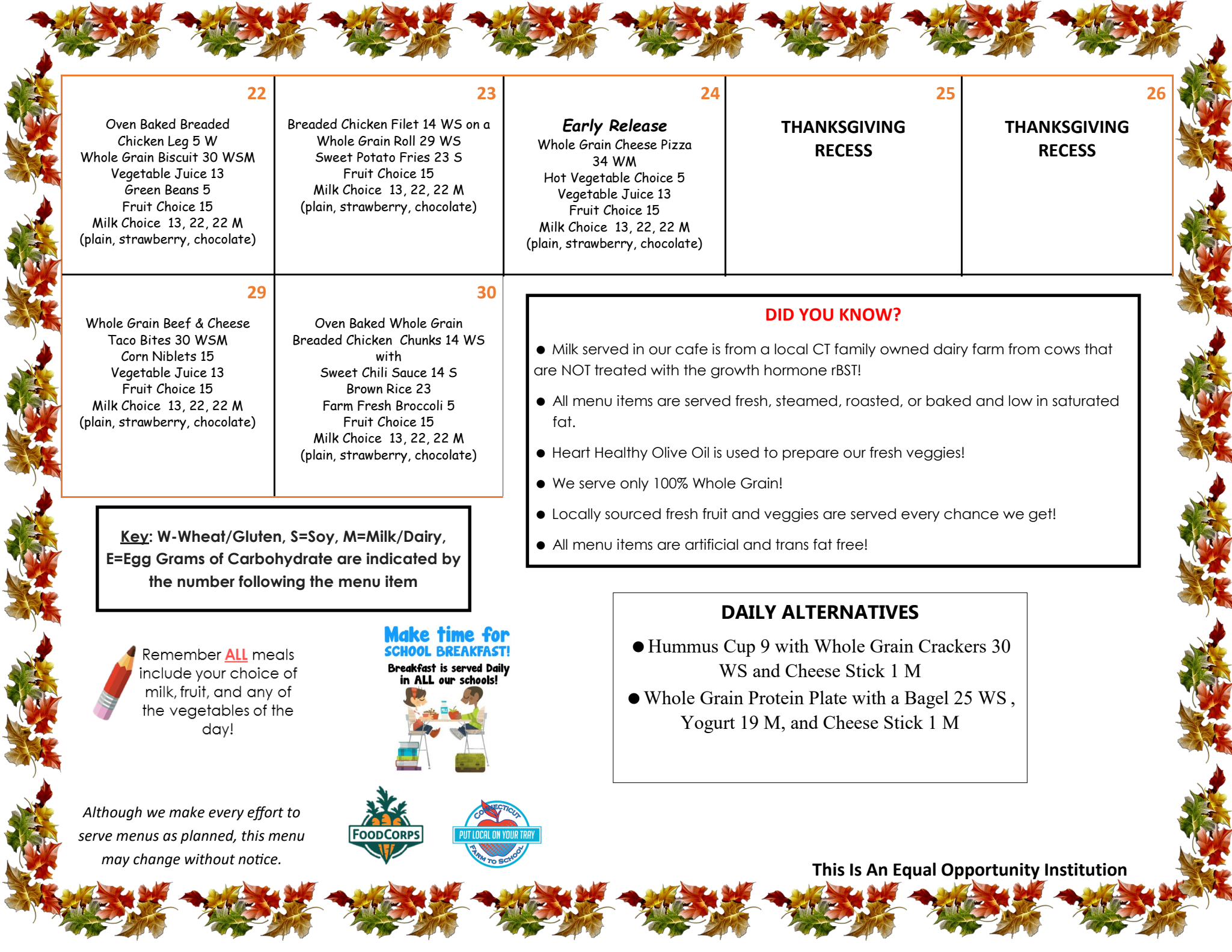
#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

1	2	3	4	5
<p>Whole Grain Cheese Pizza 34 WM Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p><b>PROFESSIONAL LEARNING</b></p> <p><b>NO SCHOOL</b></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)</p>	<p>Roasted Chicken Leg 2 Brown Rice 23 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 Brown Rice 23 Ginger and Garlic Farm Fresh Bok Choy 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
8	9	10	11	12
<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>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><b>Early Release</b> 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><b>VETERANS DAY</b></p> <p><b>NO SCHOOL</b></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 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
15	16	17	18	19
<p>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)</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><b>Early Release</b> 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>Beef Taco Meat 1 WS Taco Chips 19 &amp; Cheese 1 M Fiesta Beans Salad Fresh Cilantro 22 Corn Niblets 15 Fajita Seasoned Brown Rice 23 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Whole Grain Chicken Tenders 16 WS Farm Fresh Spinach 5 Whole Grain Dinner 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  
 Corn Niblets 15  
 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  
 Brown Rice 23  
 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!



**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, Yogurt 19 M, and Cheese Stick 1 M

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



**This Is An Equal Opportunity Institution**