

NOVEMBER

PRE-PACK LUNCH MENU

GRADES K-8



Where the future is present.

MONDAY

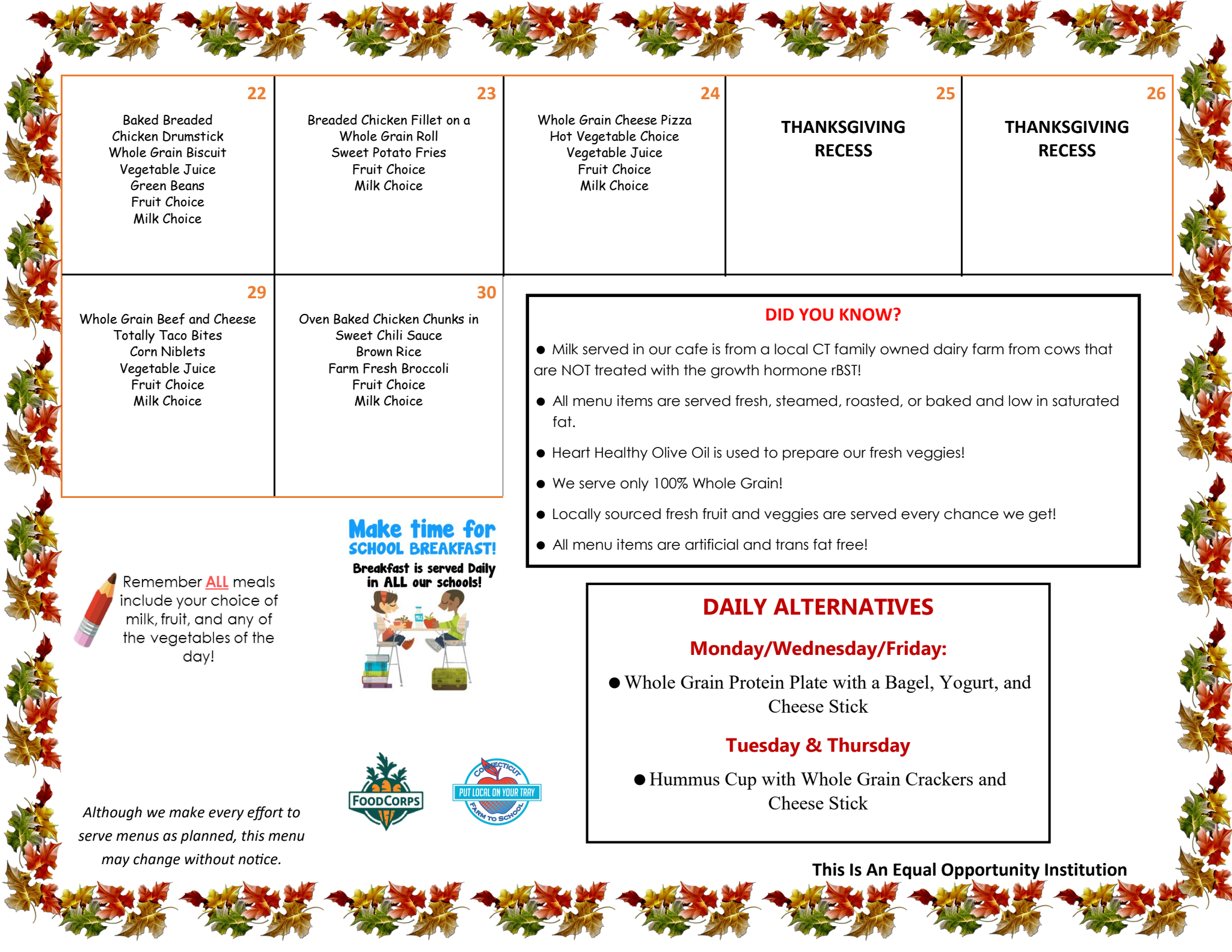
TUESDAY

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</p> <p>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>Pre-K (ONLY): Whole Grain Chicken tenders, Vegetarian Baked Beans, and Carrot Coins</p>	<p style="text-align: right;">4</p> <p>Unbreaded Roasted Chicken Leg Brown Rice Farm Fresh Butternut Squash 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</p> <p>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 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 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 Rosemary Redskin Potatoes Farm Fresh Spinach 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