

# NOVEMBER

## PRE-PACK LUNCH MENU

### GRADES K-8

### Allergen & Carbohydrate Information



Where the future is present.

#### MONDAY

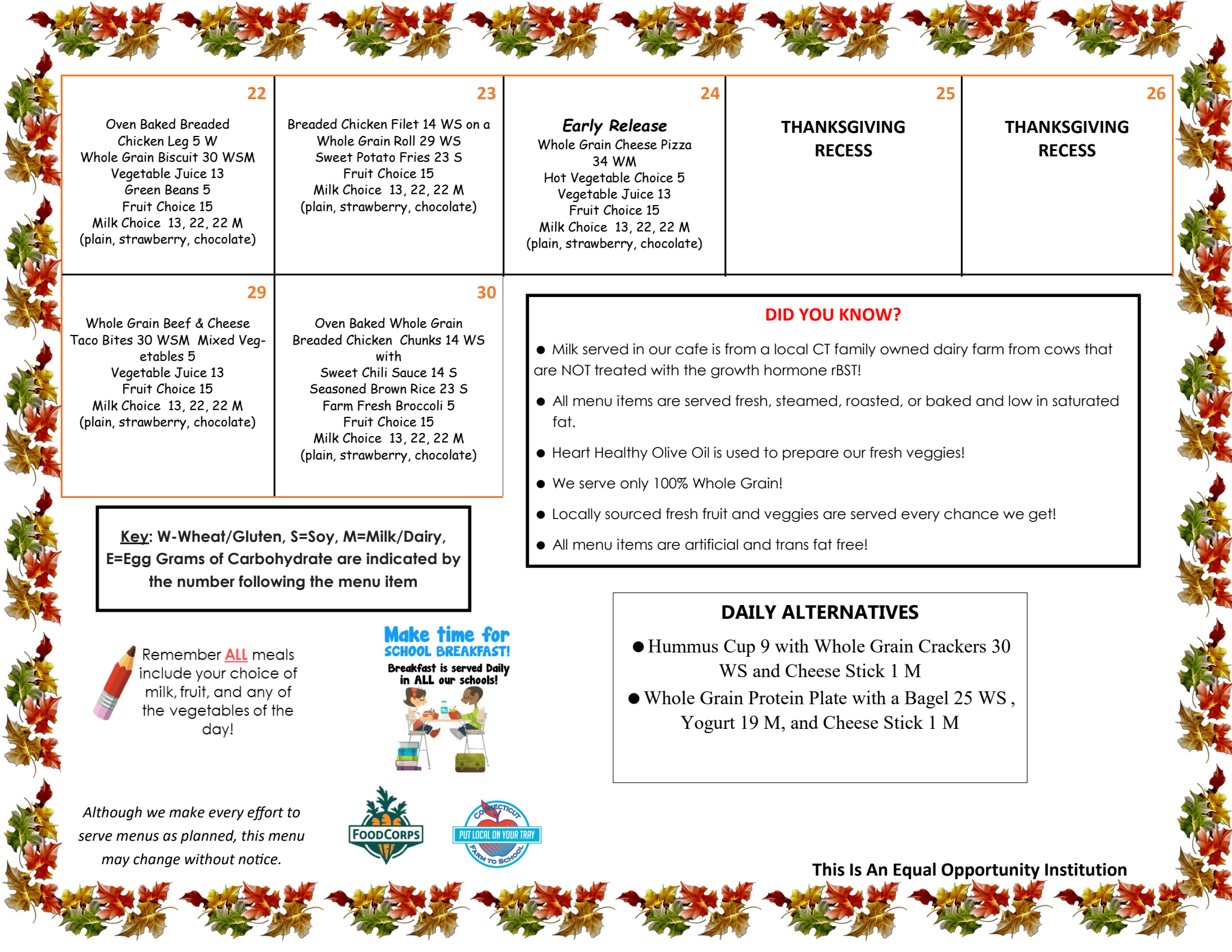
#### TUESDAY

#### WEDNESDAY

#### THURSDAY


#### FRIDAY

<p style="text-align: right;"><b>1</b></p> <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 style="text-align: right;"><b>2</b></p> <p><b>PROFESSIONAL LEARNING</b></p> <p><b>NO SCHOOL</b></p>	<p style="text-align: right;"><b>3</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) PreK : WG Chicken Tenders 12 WS</p>	<p style="text-align: right;"><b>4</b></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 style="text-align: right;"><b>5</b></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 style="text-align: right;"><b>8</b></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 style="text-align: right;"><b>9</b></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 style="text-align: right;"><b>10</b></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 style="text-align: right;"><b>11</b></p> <p><b>VETERANS DAY</b></p> <p><b>NO SCHOOL</b></p>	<p style="text-align: right;"><b>12</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 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p style="text-align: right;"><b>15</b></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 style="text-align: right;"><b>16</b></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 style="text-align: right;"><b>17</b></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 style="text-align: right;"><b>18</b></p> <p>Turkey Taco Meat 3 Taco Chips 19 &amp; 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 style="text-align: right;"><b>19</b></p> <p>Whole Grain Chicken Tenders 12 WS Farm Fresh Spinach 5 Rosemary Redskin Potatoes 15 Whole Grain Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>



<p style="text-align: center;"><b>22</b></p> <p>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)</p>	<p style="text-align: center;"><b>23</b></p> <p>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)</p>	<p style="text-align: center;"><b>24</b></p> <p><b>Early Release</b> 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)</p>	<p style="text-align: center;"><b>25</b></p> <p style="text-align: center;"><b>THANKSGIVING RECESS</b></p>	<p style="text-align: center;"><b>26</b></p> <p style="text-align: center;"><b>THANKSGIVING RECESS</b></p>
<p style="text-align: center;"><b>29</b></p> <p>Whole Grain Beef &amp; Cheese Taco Bites 30 WSM Mixed Vegetables 5 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: center;"><b>30</b></p> <p>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)</p>	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;"><b>DID YOU KNOW?</b></p> <ul style="list-style-type: none"> <li>● 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!</li> <li>● All menu items are served fresh, steamed, roasted, or baked and low in saturated fat.</li> <li>● Heart Healthy Olive Oil is used to prepare our fresh veggies!</li> <li>● We serve only 100% Whole Grain!</li> <li>● Locally sourced fresh fruit and veggies are served every chance we get!</li> <li>● All menu items are artificial and trans fat free!</li> </ul> </div>		

**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**