<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>Whole Grain Cheese Pizza 34 WM&lt;br&gt;Carrot Sticks 5&lt;br&gt;Low Fat Ranch Dip 5 WSME&lt;br&gt;Vegetable Juice 13&lt;br&gt;Fruit Choice 15&lt;br&gt;Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>Whole Grain Chicken Tenders 18 WS&lt;br&gt;Macaroni and Cheese 20 WME&lt;br&gt;Farro Spinach 5&lt;br&gt;Whole Grain Biscuit 30 WSM&lt;br&gt;Fruit Choice 15&lt;br&gt;Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>All Beef Hot Dog 1 on a Whole Grain Roll 29 WS&lt;br&gt;Vegetarian Baked Beans 30&lt;br&gt;Carrot Sticks 5&lt;br&gt;Low Fat Ranch Dip 5 WSME&lt;br&gt;Fruit Choice 15&lt;br&gt;Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS&lt;br&gt;Farm Fresh Broccoli 5&lt;br&gt;Fruit Choice 15&lt;br&gt;Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>Roasted Chicken Leg 2&lt;br&gt;Arroz Con Gandules 25 WS&lt;br&gt;(Rice with Pigeon Peas)&lt;br&gt;Farm Fresh Green Beans 5&lt;br&gt;Whole Grain Dinner Roll 17 WS&lt;br&gt;Fruit Choice 15&lt;br&gt;Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
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<td>Whole Grain Cheese Pizza 34 WM&lt;br&gt;OR Whole Grain Baked Breaded Mozzarella Sticks 33 WSM with Marinara Sauce 5&lt;br&gt;Corn Niblets 15&lt;br&gt;Vegetable Juice 13&lt;br&gt;Fruit Choice 15&lt;br&gt;Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>Salisbury Steak 5 WSM with Gravy 5 WSME&lt;br&gt;Mashed Potatoes 13 M&lt;br&gt;Broccoli 5&lt;br&gt;Whole Grain Coco Roll 33 WS&lt;br&gt;Fruit Choice 15&lt;br&gt;Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>Turkey Taco Meat 3&lt;br&gt;Taco Chips 19 A Cheese 1 M&lt;br&gt;Fiesta Beans Salad 22&lt;br&gt;Fajita Seasoned Brown Rice 23 WS&lt;br&gt;Fruit Choice 15&lt;br&gt;Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>All Beef Hot Dog 1 on a Whole Grain Roll 29 WS&lt;br&gt;Farm Fresh Green Beans 5&lt;br&gt;Whole Grain Dinner Roll 17 WS&lt;br&gt;Fruit Choice 15&lt;br&gt;Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>Whole Grain Baked Breaded Mozzarella Sticks 33 WSM with Marinara Sauce 5&lt;br&gt;Corn Niblets 15&lt;br&gt;Vegetable Juice 13&lt;br&gt;Fruit Choice 15&lt;br&gt;Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
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<td>Hamburger 1 on a Whole Grain Roll 29 WS Potato Wedges 19 S Green Peas 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>Oven Baked Breaded Chicken Leg 5 W Whole Grain Corn Muffin 28 WSME Vegetable Juice 13 Baby Carrots 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>Whole Grain Cheese Pizza 34 WM Green Beans 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>WINTER RECESS</td>
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**Key:** W-Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg

**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!

**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 Zucchini or Banana Bread Slice 45 W, S, M, E), Yogurt 19 M, and Cheese Stick 1 M
- Whole Grain Sunbutter Sandwich 56 WS
- Assorted Sandwiches on a Whole Grain Roll 29 WSM
- Assorted Salads with Scott’s Whole Grain Roll 33 WS
- Yogurt Parfait 53 WM with Whole Grain Granola 20 W and Whole Grain Pretzels 15 W

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

This Is An Equal Opportunity Institution