### LUNCH MENU

#### GRADES 6-12

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 1. **All Beef Hot Dog on a Whole Grain Roll**  
   Vegetarian Baked Beans  
   Baby Carrots with Low Fat Ranch Dip  
   Fruit Choice  
   Milk Choice | 2. **Breaded Chicken Fillet on a Whole Grain Roll**  
   Sweet Potatoes  
   Fruit Choice  
   Milk Choice | 3. **Unbreaded Roasted Chicken Leg Rice with Pigeon Peas**  
   Farm Fresh Green Beans  
   Whole Grain Dinner Roll  
   Fruit Choice  
   Milk Choice | 4. **Whole Grain Cheese Pizza**  
   Vegetable Juice  
   Baby Carrots with Low Fat Ranch Dip  
   Fruit Choice  
   Milk Choice | 5. **Breaded Chicken Fillet on a Whole Grain Roll**  
   Carrot Coins  
   Fruit Choice  
   Milk Choice |

| 6. **Whole Grain Breaded Chicken Tenders**  
   Macaroni & Cheese  
   Farm Fresh Spinach  
   Whole Grain Biscuit  
   Fruit Choice  
   Milk Choice | 7. **Twinburgers on Whole Grain Rolls**  
   Corn Niblets  
   Fruit Choice  
   Milk Choice | 8. **Whole Grain Pasta with Meatsauce (Beef) and Marinara Sauce**  
   Red & Green Crispy Peppers Strips with Ranch Dip  
   Fruit Choice  
   Milk Choice | 9. **Oven Baked Pork Choppette OR Grilled Teriyaki Chicken Dippers**  
   Seasoned Brown Rice  
   Oven Roasted Butternut Squash  
   Whole Grain Dinner Roll  
   Fruit Choice  
   Milk Choice | 10. **Salisbury Steak**  
   Mashed Potatoes with Gravy  
   Broccoli  
   Scott’s Whole Grain Roll  
   Fruit Choice  
   Milk Choice |

| 11. **Whole Grain Cheese Pizza OR Baked Whole Grain Breaded Mozzarella Sticks with Marinara Sauce Corn Niblets Carrots with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice** | 12. **Breaded Chicken Fillet on a Whole Grain Roll**  
   Carrot Coins  
   Fruit Choice  
   Milk Choice | 13. **Turkey Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro Shredded Cheese Fajita Seasoned Brown Rice Fruit Choice Milk Choice** | 14. **All Beef Hot Dog on a Whole Grain Roll**  
   Farm Fresh Green Beans  
   Whole Grain Dinner Roll  
   Fruit Choice  
   Milk Choice | 15. **All Beef Hot Dog on a Whole Grain Roll**  
   Farm Fresh Green Beans  
   Whole Grain Dinner Roll  
   Fruit Choice  
   Milk Choice | 16. **All Beef Hot Dog on a Whole Grain Roll**  
   Farm Fresh Green Beans  
   Whole Grain Dinner Roll  
   Fruit Choice  
   Milk Choice |
<table>
<thead>
<tr>
<th>Date</th>
<th>Meal Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>Hamburger on Whole Grain Roll&lt;br&gt;Potato Wedges&lt;br&gt;Green Beans&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
</tr>
<tr>
<td>21</td>
<td>Baked Breaded&lt;br&gt;Chicken Drumstick&lt;br&gt;Corn Muffin&lt;br&gt;Vegetable Juice&lt;br&gt;Baby Carrots with Low Fat Ranch Dip&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
</tr>
<tr>
<td>22</td>
<td>Breaded Chicken Fillet on a Whole Grain Roll&lt;br&gt;Carrot Coins&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
</tr>
<tr>
<td>23</td>
<td>Whole Grain Cheese Pizza&lt;br&gt;Green Beans&lt;br&gt;Fruit Choice&lt;br&gt;Milk Choice</td>
</tr>
<tr>
<td>24</td>
<td>WINTER RECESS</td>
</tr>
<tr>
<td>27</td>
<td>WINTER RECESS</td>
</tr>
<tr>
<td>28</td>
<td>WINTER RECESS</td>
</tr>
<tr>
<td>29</td>
<td>WINTER RECESS</td>
</tr>
<tr>
<td>30</td>
<td>WINTER RECESS</td>
</tr>
<tr>
<td>31</td>
<td>WINTER RECESS</td>
</tr>
</tbody>
</table>

**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

**Other Alternatives may include:**

- Whole Grain Sunbutter Sandwich
- Assorted Sandwiches on a Whole Grain Roll
- Assorted Salads with Scott’s Whole Grain Roll
- Yogurt Parfait with Whole Grain Granola and Whole Grain Pretzels

**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!

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

This Is An Equal Opportunity Institution

Remember **ALL** meals include your choice of milk, fruit, and any of the vegetables of the day!