<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>All Beef Hot Dog 1 on a Whole Grain Roll 29 WS</strong></td>
<td><strong>Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS</strong></td>
<td><strong>Roasted Chicken Leg 2 Arroz Con Gandules 25 WS</strong></td>
<td><strong>Turkey Taco Meat 3</strong></td>
<td><strong>All Beef Hot Dog 1 on a Whole Grain Roll 29 WS</strong></td>
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<tr>
<td>Vegetarian Baked Beans 30</td>
<td>Farm Fresh Broccoli 5</td>
<td>Arroz Con Gandules 25 WS (Rice with Pigeon Peas)</td>
<td>Fajita Seasoned Brown Rice 23 WS</td>
<td>Farm Fresh Green Beans 5</td>
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<tr>
<td>Carrot Sticks 5</td>
<td>Fruit Choice 15</td>
<td>Whole Grain Dinner Roll 17 WS</td>
<td>Fruit Choice 15</td>
<td>Whole Grain Dinner Roll 17 WS</td>
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<tr>
<td>Low Fat Ranch Dip 5 WSME</td>
<td>Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
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<td><strong>Fruit Choice 15</strong></td>
<td><strong>Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</strong></td>
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<td><strong>Whole Grain Cheese Pizza 34 WM</strong></td>
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<tr>
<td>Carrot Sticks 5</td>
<td>Macaroni and Cheese 20 WME</td>
<td>Macaroni and Cheese 20 WME</td>
<td>Turkey Taco Meat 3</td>
<td>Carrot Coins 5</td>
</tr>
<tr>
<td>Low Fat Ranch Dip 5 WSME</td>
<td>Whole Grain Biscuit 30 WSM</td>
<td>Whole Grain Biscuit 30 WSM</td>
<td>Salty Gravy 5 WSME</td>
<td>Mashed Potatoes 13 M</td>
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<tr>
<td>Vegetable Juice 13</td>
<td>Fruit Choice 15</td>
<td>Fruit Choice 15</td>
<td>Mashed Potatoes 13 M</td>
<td>Fruit Choice 15</td>
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<td>Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>Whole Grain Coco Roll 33 WS</td>
<td>Mills Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
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<tr>
<td><strong>Twinburgers on Whole Grain Rolls 33 WSM</strong></td>
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<td>Carrot Coins 5</td>
<td>Corn Niblets 15</td>
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<tr>
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<td>Whole Grain Dinner Roll 17 WS</td>
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**Allergen & Carbohydrate Information**
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<tr>
<td>Twin Burgers on Whole Grain Rolls 33 WSM 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>
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<td>WINTER RECESS</td>
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**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 Banana or Zucchini Slice 45 WSME), Yogurt 19 M, and Cheese Stick 1 M

**Key:** W-Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg
Grams of Carbohydrate are indicated by the number following the menu item

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

**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!

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