# December Pre-Pack Lunch Menu
**Grades K-8**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Whole Grain Cheese Pizza  
Vegetable Juice  
Baby Carrots with  
Low Fat Ranch Dip  
Fruit Choice  
Milk Choice | Whole Grain Breaded Chicken Tenders  
Macaroni & Cheese  
Farm Fresh Spinach  
Whole Grain Biscuit  
Fruit Choice  
Milk Choice | All Beef Hot Dog on a Whole Grain Roll  
Vegetarian Baked Beans  
Baby Carrots with Low Fat Ranch Dip  
Fruit Choice  
Milk Choice  
Pre-K (ONLY): Whole Grain Chicken Tenders | Breaded Chicken Fillet on a Whole Grain Roll  
Broccoli  
Fruit Choice  
Milk Choice | Unbreaded Roasted Chicken Leg  
Brown Rice  
Farm Fresh Green Beans  
Fruit Choice  
Milk Choice |
| Whole Grain Cheese Pizza  
Vegetable Juice  
Baby Carrots with Low Fat Ranch Dip  
Fruit Choice  
Milk Choice | Whole Grain Breaded Chicken Tenders  
Macaroni & Cheese  
Farm Fresh Spinach  
Whole Grain Biscuit  
Fruit Choice  
Milk Choice | Hamburger on a Whole Grain Roll  
Corn Niblets  
Fruit Choice  
Milk Choice | Chicken Fajitas with Red Onion, Green and Red Peppers and Shredded Cheese on Whole Grain Flatbread  
Corn Niblets  
Fiesta Beans  
Vegetable Juice  
Fruit Choice  
Milk Choice | Oven Baked Pork Chopette OR Grilled Teriyaki Chicken Dippers  
Brown Rice  
Oven Roasted Butternut Squash  
Fruit Choice  
Milk Choice |
| Whole Grain Cheese Pizza  
Vegetable Juice  
Carrots with Low Fat Ranch Dip  
Fruit Choice  
Milk Choice | Beefy Mac and Cheese  
Broccoli  
Scott’s Whole Grain Roll  
Fruit Choice  
Milk Choice | Breaded Chicken Fillet on a Whole Grain Roll  
Carrot Coins  
Fruit Choice  
Milk Choice | Beef Taco Meat with Whole Grain Taco Chips  
Fiesta Beans Salad with Fresh Cilantro  
Corn Niblets  
Shredded Cheese  
Brown Rice  
Fruit Choice  
Milk Choice | Unbreaded Roasted Chicken Leg  
Brown Rice  
Farm Fresh Green Beans  
Fruit Choice  
Milk Choice |
| Whole Grain Cheese Pizza  
Vegetable Juice  
Carrots with Low Fat Ranch Dip  
Fruit Choice  
Milk Choice | Beefy Mac and Cheese  
Broccoli  
Scott’s Whole Grain Roll  
Fruit Choice  
Milk Choice | | | |
<table>
<thead>
<tr>
<th></th>
<th>Monday/Wednesday/Friday:</th>
<th>Tuesday &amp; Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>20</td>
<td>Whole Grain Twin Burgers</td>
<td>Whole Grain Protein Plate with a Bagel, Yogurt, and Cheese Stick</td>
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<td></td>
<td>Potato Wedges</td>
<td>Hummus Cup with Whole Grain Crackers and Cheese Stick</td>
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<td></td>
<td>Green Peas</td>
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<td></td>
<td>Fruit Choice</td>
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<td></td>
<td>Milk Choice</td>
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<tr>
<td>21</td>
<td>Baked Breaded</td>
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<tr>
<td></td>
<td>Chicken Drumstick</td>
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<td></td>
<td>Corn Muffin</td>
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<tr>
<td></td>
<td>Vegetable Juice</td>
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<tr>
<td></td>
<td>Baby Carrots with</td>
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<tr>
<td></td>
<td>Low Fat Ranch Dip</td>
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<td>Fruit Choice</td>
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<td></td>
<td>Milk Choice</td>
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<tr>
<td>22</td>
<td>Breaded Chicken Fillet</td>
<td>Whole Grain Cheese Pizza</td>
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<tr>
<td></td>
<td>on a Whole Grain Roll</td>
<td>Green Beans</td>
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<td></td>
<td>Carrot Coins</td>
<td>Fruit Choice</td>
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<tr>
<td></td>
<td>Fruit Choice</td>
<td>Milk Choice</td>
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<tr>
<td>23</td>
<td>Whole Grain Cheese Pizza</td>
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<td>Green Beans</td>
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<td>Fruit Choice</td>
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<td>Milk Choice</td>
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<tr>
<td>24</td>
<td>WINTER RECESS</td>
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</tbody>
</table>

**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