

JANUARY

LUNCH MENU

GRADES 6-12



Where the future is present.

MONDAY


TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
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| 3 | 4 | 5 | 6 | 7 |
| <p>Whole Grain Cheese Pizza Broccoli Fruit Choice Milk Choice Whole Grain Treat</p> | <p>Oven Baked Chicken Tenders in Sweet Chili Sauce Seasoned Brown Rice Mixed Vegetables Fruit Choice Milk Choice</p> | <p>All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Fruit Choice Milk Choice</p> | <p>NO SCHOOL THREE KINGS' DAY</p> | <p>Whole Grain Jamaican Beef Patty Baby Carrots with Low Fat Ranchi Dip 100% Vegetable Juice Fruit Choice Milk Choice</p> |
| 10 | 11 | 12 | 13 | 14 |
| <p>Whole Grain Cheese Pizza Baby Carrots with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p> | <p>Whole Grain Breaded Chicken Tenders Macaroni & Cheese Farm Fresh Collard Greens Whole Grain Biscuit Fruit Choice Milk Choice</p> | <p>Hamburger on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice</p> | <p>Chicken Fajitas with Red Onion, Green and Red Peppers and Shredded Cheese on Whole Grain Flatbread Fiesta Beans Vegetable Juice Fruit Choice Milk Choice</p> | <p>Oven Baked Pork Choppette OR Grilled Teriyaki Chicken Dippers Seasoned Brown Rice Oven Roasted Butternut Squash Whole Grain Dinner Roll Fruit Choice Milk Choice</p> |
| 17 | 18 | 19 | 20 | 21 |
| <p>NO SCHOOL MARTIN LUTHER KING DAY</p> | <p>Salisbury Steak Mashed Potatoes with Gravy Broccoli Scott's Whole Grain Coco Roll Fruit Choice Milk Choice</p> | <p>Breaded Chicken Fillet on a Whole Grain Roll Carrot Coins Fruit Choice Milk Choice</p> | <p>Turkey Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro Shredded Cheese Corn Niblets Fajita Seasoned Brown Rice Fruit Choice Milk Choice</p> | <p>Whole Grain Maple Glazed French Toast Sticks Turkey Sausage Patty Hartford Fresh Local HomeFries Vegetable Juice Fruit Choice Milk Choice</p> |

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| 24 | 25 | 26 | 27 | 28 |
| Whole Grain Cheese Pizza Broccoli Fruit Choice Milk Choice | Baked Breaded Chicken Drumstick Baby Carrots with Low Fat Ranch Dip Whole Grain Biscuit Fruit Choice Milk Choice | Whole Grain Jamaican Beef Patty Baby Carrots with Low Fat Ranch Dip 100% Vegetable Juice Fruit Choice Milk Choice | Tex Mex Potato Bar with Seasoned Beef, Cheese Sauce, Potato Sidewinders, and Scott's Whole Grain Roll Cilantro Lime Black Beans Farm Fresh Green Beans Fruit Choice Milk Choice | Twisted Cheesy Bread Sticks with Marinara Sauce Vegetable Medley Fruit Choice Milk Choice |
| 31 | <p>Make time for SCHOOL BREAKFAST! Breakfast is served Daily in ALL our schools!</p>  | | | |
| Whole Grain Pasta with Beef Meatballs and Marinara Sauce Carrot Sticks and Low Fat Ranch Dip Whole Grain Garlic Knots Fruit Choice Milk Choice | | | | |

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!

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



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

