<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
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<td>3</td>
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</tbody>
</table>
| Whole Grain Cheese Pizza  
Broccoli  
Fruit Choice  
Milk Choice  
Whole Grain Treat | Oven Baked Chicken Tenders in  
Sweet Chili Sauce  
Seasoned Brown Rice  
Mixed Vegetables  
Fruit Choice  
Milk Choice | All Beef Hot Dog on a  
Whole Grain Roll  
Vegetarian Baked Beans  
Fruit Choice  
Milk Choice | NO SCHOOL  
THREE KINGS’ DAY | Whole Grain Jamaican  
Beef Patty  
Baby Carrots with  
Low Fat Ranch Dip  
100% Vegetable Juice  
Fruit Choice  
Milk Choice |
| 10     | 11      | 12        | 13       | 14     |
| Whole Grain Cheese Pizza  
Baby Carrots with  
Low Fat Ranch Dip  
Vegetable Juice  
Fruit Choice  
Milk Choice | Whole Grain Breaded  
Chicken Tenders  
Macaroni & Cheese  
Farm Fresh Collard Greens  
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  
Fiesta Beans  
Vegetable Juice  
Fruit Choice  
Milk Choice | Oven Baked Pork Choppette OR  
Grilled Teriyaki Chicken Dippers  
Seasoned Brown Rice  
Oven Roasted Butternut Squash  
Whole Grain Dinner Roll  
Fruit Choice  
Milk Choice |
| 17     | 18      | 19        | 20       | 21     |
| NO SCHOOL  
MARTIN LUTHER KING DAY | Salisbury Steak  
Mashed Potatoes with Gravy  
Broccoli  
Scott’s Whole Grain Coco Roll  
Fruit Choice  
Milk Choice | Breaded Chicken Fillet on a  
Whole Grain Roll  
Carrot Coins  
Fruit Choice  
Milk Choice | 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 | Whole Grain Maple Glazed  
French Toast Sticks  
Turkey Sausage Patty  
Hartford Fresh Local HomeFries  
Vegetable Juice  
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

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**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!

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