

JANUARY

LUNCH MENU GRADES 6-12



Where the future is present.

Allergen & Carbohydrate Information

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

January 3	4	5	6	7
<p>Whole Grain Cheese Pizza 34 WM Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) Whole Grain Treat 19 WS</p>	<p>Oven Baked Whole Grain Breaded Chicken Tenders 18 WS with Sweet Chili Sauce 14 S Seasoned Brown Rice 23 S Mixed Vegetables 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>All Beef Hot Dog 1 on a Whole Grain Roll 29 WS Vegetarian Baked Beans 30 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>THREE KINGS DAY NO SCHOOL</p>	<p>Jamaican Beef Patty 46 WS Vegetable Juice 13 Baby Carrots 5 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p>10</p> <p>Whole Grain Cheese Pizza 34 WM Baby Carrots 5 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>11</p> <p>Whole Grain Chicken Tenders 18 WS Macaroni and Cheese 20 WME Farm Fresh Collard Greens 5 Whole Grain Biscuit 30 WSM Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>12</p> <p>Hamburger 1 on a Whole Grain Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>13</p> <p>Chicken Fajitas 3 WS with Red Onions, Green and Red Peppers 5 Whole Grain Flatbread 28 WSM Vegetable Juice 13 Shredded Cheese 1 M Fiesta Beans Salad 22 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>14</p> <p>Oven Baked Pork Choppette 11 WS OR Grilled Teriyaki Chicken Dippers 8 WS Seasoned Brown Rice 23 S Oven Roasted Butternut Squash 14 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p>17</p> <p>MARTIN LUTHER KING DAY NO SCHOOL</p>	<p>18</p> <p>Salisbury Steak 5 WS with Gravy 5 WSME Mashed Potatoes 13 M Broccoli 5 Whole Grain Coco Roll 33 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>19</p> <p>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)</p>	<p>20</p> <p>Turkey Taco Meat 3 Taco Chips 19 & Cheese 1 M Fiesta Beans Salad 22 Corn Niblets 15 Fajita Seasoned Brown Rice 23 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>21</p> <p>Whole Grain French Toast Sticks 33 WSME Syrup 25 Sugar Free Syrup 5 Chicken Sausage Patty 2 Hartford FRESH Home Fries 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>

<p>24</p> <p>Whole Grain Cheese Pizza 34 WM Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) Whole Grain Treat 19 WS</p>	<p>25</p> <p>Oven Baked Breaded Chicken Leg 5 W Whole Grain Biscuit 30 WSM Baby Carrots 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>26</p> <p>Jamaican Beef Patty 46 WS 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)</p>	<p>27</p> <p>Tex Mex Potato Bar with Seasoned Beef 0 & Cheese Sauce 2 M Potatoes Sidewinders 14 S Whole Grain Coco Roll 33 WS Cilantro Lime Black Beans 16 S Farm Fresh Green Beans 5 Fruit Choice 15 Milk Choice 13, 22, 22 M</p>	<p>28</p> <p>Whole Grain Cheese Stuffed Twisted Bread 34 WSM Marinara Sauce 5 Czajkowski Farms Fresh Local Vegetable Medley 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p>31</p> <p>Whole Grain Pasta 39 WE With Meatballs (Beef) 4 SM Carrot Sticks 5 with Low Fat Ranch Dip 5 WSME Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) Whole Grain Garlic Knots 23 WSM</p>				

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

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 Zucchini or Banana Bread Slice 45 W, S, M, E), Yogurt 19 M, and Cheese Stick 1 M
- Whole Grain Sunbutter Sandwich 56 WS ● Assorted Sandwiches on a Whole Grain Roll 29 WSM ● Assorted Salads with Scott's Whole Grain Roll 33 WS ● Yogurt Parfait 53 WM with Whole Grain Granola 20 W and Whole Grain Pretzels 15 W ●

Although we make every effort to serve menus as planned, this

This Is An Equal Opportunity Institution

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!

Make time for SCHOOL BREAKFAST!
Breakfast is served Daily in ALL our schools!



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

