## Lunch Menu

### Grades K-8

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
</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  
Pre-K (ONLY): Whole Grain Chicken Tenders | NO SCHOOL  
THREE KINGS’ DAY | Whole Grain Jamaican Beef Patty  
Baby Carrots with Low Fat Ranch Dip  
100% Vegetable Juice  
Fruit Choice  
Milk Choice |
| 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 Chopette OR Grilled Teriyaki Chicken Dippers  
Seasoned Brown Rice  
Oven Roasted Butternut Squash  
Fruit Choice  
Milk Choice |
| NO SCHOOL  
MARTIN LUTHER KING DAY | Salisbury Steak  
Mashed Potatoes with Gravy  
Broccoli  
Whole Grain Dinner 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 |
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<th>24</th>
<th>25</th>
<th>26</th>
<th>27</th>
<th>28</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Whole Grain Cheese Pizza</td>
<td>Baked Breaded Chicken Drumstick</td>
<td>Whole Grain Jamaican Beef Patty</td>
<td>Tex Mex Potato Bar with</td>
<td>Twisted Cheesy Bread Sticks with</td>
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<td></td>
<td>Broccoli</td>
<td>Baby Carrots with Low Fat Ranch Dip</td>
<td>Baby Carrots with Low Fat Ranch Dip</td>
<td>Seasoned Beef, Cheese Sauce,</td>
<td>Marinara Sauce Vegetable Medley</td>
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<tr>
<td></td>
<td>Fruit Choice</td>
<td>Whole Grain Biscuit</td>
<td>100% Vegetable Juice</td>
<td>Potato Sidewinders, and</td>
<td>Fruit Choice</td>
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<td></td>
<td>Milk Choice</td>
<td>Fruit Choice</td>
<td>Fruit Choice</td>
<td>Whole Grain Dinner Roll</td>
<td>Milk Choice</td>
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<td>Glantro Lime Black Beans</td>
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<td>Farm Fresh 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>31</td>
<td>Whole Grain Pasta with Beef Meatballs and Marinara Sauce Carrot Sticks and Low Fat Ranch Dip</td>
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<td>Fruit Choice</td>
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**DAILY ALTERNATIVES**

**Monday/Wednesday/Friday:**
- Whole Grain Protein Plate with a Bagel (or Whole Grain Zucchini or Banana Slice), Yogurt, and Cheese Stick

**Tuesday & Thursday**
- Hummus Cup with Whole Grain Crackers and

**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!

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