## January

### Pre-Pack Lunch Menu

**Grades K-8**

#### Monday
- Whole Grain Cheese Pizza
- Broccoli
- Fruit Choice
- Milk Choice
- Whole Grain Treat

#### Tuesday
- Whole Grain Cheese Pizza
- Oven Baked Chicken Tenders in Sweet Chili Sauce
- Brown Rice
- Mixed Vegetables
- Fruit Choice
- Milk Choice

#### Wednesday
- Whole Grain Cheese Pizza
- Oven Baked Chicken Tenders in Sweet Chili Sauce
- Brown Rice
- Mixed Vegetables
- Fruit Choice
- Milk Choice
- Pre-K (ONLY): Whole Grain Chicken Tenders

#### Thursday
- Whole Grain Jamaican Beef Patty
- Baby Carrots with Low Fat Ranch Dip
- 100% Vegetable Juice
- Fruit Choice
- Milk Choice

#### Friday
- Whole Grain Jamaican Beef Patty
- Baby Carrots with Low Fat Ranch Dip
- 100% Vegetable Juice
- Fruit Choice
- Milk Choice

#### Monday
- Whole Grain Cheese Pizza
- Baby Carrots with Low Fat Ranch Dip
- Vegetable Juice
- Fruit Choice
- Milk Choice

#### Tuesday
- Whole Grain Cheese Pizza
- Oven Baked Chicken Tenders in Sweet Chili Sauce
- Brown Rice
- Mixed Vegetables
- Fruit Choice
- Milk Choice

#### Wednesday
- Whole Grain Breaded Chicken Tenders
- Macaroni & Cheese
- Farm Fresh Collard Greens
- Whole Grain Biscuit
- Fruit Choice
- Milk Choice

#### Thursday
- Hamburger on a Whole Grain Roll
- Corn Niblets
- Fruit Choice
- Milk Choice

#### Friday
- Whole Grain Breaded Chicken Tenders
- Macaroni & Cheese
- Farm Fresh Collard Greens
- Whole Grain Biscuit
- Fruit Choice
- Milk Choice

#### Monday
- Whole Grain Jamaican Beef Patty
- Baby Carrots with Low Fat Ranch Dip
- 100% Vegetable Juice
- Fruit Choice
- Milk Choice

#### Tuesday
- Whole Grain Breaded Chicken Tenders
- Macaroni & Cheese
- Farm Fresh Collard Greens
- Whole Grain Biscuit
- Fruit Choice
- Milk Choice

#### Wednesday
- Hamburger on a Whole Grain Roll
- Corn Niblets
- Fruit Choice
- Milk Choice

#### Thursday
- Chicken Fajitas with Red Onion, Green and Red Peppers and Shredded Cheese on Whole Grain Flatbread
- Fiesta Beans
- Vegetable Juice
- Fruit Choice
- Milk Choice

#### Friday
- Whole Grain Breaded Chicken Tenders
- Macaroni & Cheese
- Farm Fresh Collard Greens
- Whole Grain Biscuit
- Fruit Choice
- Milk Choice

#### Monday
- Whole Grain Maple Glazed French Toast Sticks
- Turkey Sausage Patty
- Hartford Fresh Local HomeFries
- Vegetable Juice
- Fruit Choice
- Milk Choice

#### Tuesday
- Whole Grain Maple Glazed French Toast Sticks
- Turkey Sausage Patty
- Hartford Fresh Local HomeFries
- Vegetable Juice
- Fruit Choice
- Milk Choice

#### Wednesday
- Whole Grain Maple Glazed French Toast Sticks
- Turkey Sausage Patty
- Hartford Fresh Local HomeFries
- Vegetable Juice
- Fruit Choice
- Milk Choice

#### Thursday
- Whole Grain Maple Glazed French Toast Sticks
- Turkey Sausage Patty
- Hartford Fresh Local HomeFries
- Vegetable Juice
- Fruit Choice
- Milk Choice

#### Friday
- 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

## 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