<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>January 3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
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<tr>
<td>Whole Grain Cheese Pizza 34 WM</td>
<td>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)</td>
<td>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)</td>
<td>THREE KINGS DAY NO SCHOOL</td>
<td>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)</td>
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<tr>
<td>Whole Grain Chicken Tenders 12 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)</td>
<td>Hamburger 1 on a Whole Grain Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
<td>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)</td>
<td>12</td>
<td>Oven Baked Pork Chopette 11 WS OR Grilled Teriyaki Chicken Dippers 8 WS Seasoned Brown Rice 23 S Oven Roasted Butternut Squash 11 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</td>
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<tr>
<td>MARTIN LUTHER KING DAY NO SCHOOL</td>
<td>14</td>
<td>15</td>
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<td>17</td>
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Allergen & Carbohydrate Information
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| **24** | Whole Grain Cheese Pizza  
34 WSM  
Broccoli 5  
Fruit Choice 15  
Milk Choice 13, 22, 22 M  
(plain, strawberry, chocolate)  
Whole Grain Treat 19 WS | **25** | 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) |
| **26** | 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 | **27** | 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) |
| **28** | **31** | Whole Grain Pasta 30 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 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) |

**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, Yogurt 19 M, and Cheese Stick 1 M

**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!

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