



LUNCH MENU

GRADES 6-12

Allergen & Carbohydrate Information



Where the future is present.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| | 1 | 2 | 3 | 4 |
| | Roasted Chicken Leg 2 Arroz Con Gandules 25 WS (Rice with Pigeon Peas) Farm Fresh Spinach 5 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) | Early Release 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) | "Cowboy Nachos" Pulled Southern BBQ Turkey 17 S with Taco Chips 20 Cheese Sauce 2 M Corn Niblets 15 Carrot Sticks 5 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Cinnamon Goldfish Grahams 19 WS Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) | Potato Crunch Fish Sticks 19 WSM Tartar Sauce 1 SE & Whole Grain Dinner Roll 17 WS OR Whole Grain Grilled Cheese 32 WSM Oven Roasted Potatoes 19 S Green Peas 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) |
| 7 | 8 | 9 | 10 | 11 |
| Whole Grain Cheese Pizza 34 WM Carrot Sticks 5 Low Fat Ranch Dip 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) | 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) | Early Release Hamburger 1 on a Whole Grain Roll 29 WS Conquest Sidewinders Potatoes 14 S Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) | Turkey Taco Meat 3 Taco Chips 19 & Cheese 1 M Fiesta Beans Salad 22 Fajita Seasoned Brown Rice 23 WS Carrot Sticks 5 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) | Oven Baked Pork Choppette 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) |
| 14 | 15 | 16 | 17 | 18 |
| Oven Baked Whole Grain Breaded Chicken Tenders 18 WS Sweet Chili Sauce 14 S Seasoned Brown Rice 23 S Mixed Vegetables 5 Fruit Choice 15 Whole Grain Treat 19 WS Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) | Whole Grain Pasta 39 WE With Meatsauce (Beef) 11 Broccoli 5 Whole Grain Dinner Roll 17 WS Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) | Early Release 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) | 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) | Whole Grain Cheese Pizza 34 WM Green Beans 5 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) |

| | | | | |
|--|---|--------------|--------------|--------------|
| 21 | 22 | 23 | 24 | 25 |
| PRESIDENTS' DAY NO SCHOOL | Intersession | Intersession | Intersession | Intersession |
| 28 |  <p>Make time for SCHOOL BREAKFAST! Breakfast is served Daily in ALL our schools!</p> | | | |
| <p>Whole Grain Cheese Pizza 34 WM Broccoli 5 Whole Grain Treat 19 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</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 ●

- 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!

 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.

This Is An Equal Opportunity Institution