

FEBRUARY

MONDAY

TUESDAY

LUNCH MENU

GRADES 6-12

WEDNESDAY


THURSDAY

FRIDAY



Where the future is present.

	1		2	3	4
	Unbreaded Roasted Chicken Leg Rice with Pigeon Peas Farm Fresh Spinach Whole Grain Dinner Roll Fruit Choice Milk Choice	All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Fruit Choice Milk Choice	"Cowboy Nachos" Southern BBQ Pulled Turkey with Whole Grain Taco Chips and Cheese Sauce Fiesta Bean Salad Carrot Sticks with Low Fat Ranch Dip Cinnamon Goldfish Grahams Fruit Choice Milk Choice	Sweet Potato Fish Sticks with Tartar Sauce Whole Grain Dinner Roll OR Whole Grain Grilled Cheese Oven Roasted Potatoes Fruit Choice Milk Choice	
7	8	9	10	11	
Whole Grain Cheese Pizza Vegetable Juice Baby Carrots with Low Fat Ranch Dip 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 Conquest Sidewinder Potatoes Fruit Choice Milk Choice	Turkey Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro Corn Niblets Shredded Cheese Fajita Seasoned Brown Rice Carrot Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice	Oven Baked Pork Choppette OR Grilled Teriyaki Chicken Dippers Seasoned Brown Rice Oven Roasted Butternut Squash Whole Grain Dinner Roll Fruit Choice Milk Choice	
14	15	16	17	18	
Whole Grain Breaded Chicken Tenders with Sweet Chili Sauce Seasoned Brown Rice Mixed Vegetables Whole Grain Treat Fruit Choice Milk Choice	Whole Grain Pasta with Meatsauce (beef) Broccoli Whole Grain Roll Fruit Choice Milk Choice	Breaded Chicken Fillet on a Whole Grain Roll Carrot Coins 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	Whole Grain Cheese Pizza Vegetable Juice Green Beans Fruit Choice Milk Choice	

21	22	23	24	25
PRESIDENTS' DAY NO SCHOOL	Intersession	Intersession	Intersession	Intersession
28	 <p style="text-align: center;">Make time for SCHOOL BREAKFAST! Breakfast is served Daily in ALL our schools!</p>			
<p>Whole Grain Cheese Pizza Broccoli Whole Grain Treat Fruit Choice Milk Choice</p>				

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 ●

Other Alternatives may include:

- Whole Grain Sunbutter Sandwich ● Assorted Sandwiches on a Whole Grain Roll ● Assorted Salads with Scott's Whole Grain Roll ● Yogurt Parfait with Whole Grain Granola and Whole Grain Pretzels ●

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.



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



This Is An Equal Opportunity Institution