

# MARCH

## LUNCH MENU

### GRADES 6-12

#### Allergen & Carbohydrate Information



Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<b>1</b>		<b>2</b>	<b>3</b>	<b>4</b>
	Oven Baked Breaded Chicken Leg 5 W Whole Grain Corn Muffin 28 WSME Farm Fresh Green Beans 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	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)	"Cowboy Nachos" Pulled Southern BBQ Turkey 17 S with Taco Chips 20 Cheese Sauce 2 M Fiesta Bean Salad 22 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)	Whole Grain Cheesy Pull Apart Bread 32 WM OR Whole Grain Breaded Mozzarella Sticks 33 WM Marinara Sauce 5 Czajkowski Farms Vegetable Medley 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	
Whole Grain Cheese Pizza 34 WM Baby Carrots 5 100% Vegetable Juice 13 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	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)	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 French Toast Sticks 33 WSME Syrup 25 Sugar Free Syrup 5 Turkey Sausage Patty 2 Hartford FRESH Home Fries 15 Vegetable Juice 13 Fruit Choice 15 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 Sweet Potato Fries 31 S Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	
Salisbury Steak 5 WSM Mashed Potatoes 13 M with Gravy 5WSM Broccoli 5 Scott's Whole Grain Roll 33 WS 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)	Hamburger 1 on a Whole Grain Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	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)	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)	

<p style="text-align: center;"><b>21</b></p> <p>Whole Grain Cheese Pizza 34 WM Corn Niblets 15 100% Vegetable Juice 13 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: center;"><b>22</b></p> <p>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)</p>	<p style="text-align: center;"><b>23</b></p> <p>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)</p>	<p style="text-align: center;"><b>24</b></p> <p>Turkey Taco Meat 3 Taco Chips 19 &amp; Cheese 1 M Fiesta Beans Salad 22 Corn Niblets 15 Fajita Seasoned Brown Rice 23 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: center;"><b>25</b></p> <p>Oven Baked Whole Grain Breaded Chicken Tenders 18 WS with Sweet Chili Sauce 14 S Seasoned Brown Rice 23 S Czajkowski Farms Vegetable Medley 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p style="text-align: center;"><b>28</b></p> <p>Whole Grain Cheese Pizza 34 WM Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) Whole Grain Treat 19 WS</p>	<p style="text-align: center;"><b>29</b></p> <p>Oven Baked Breaded Chicken Leg 5 W Mashed Potatoes 13 M Whole Grain Coco Roll 33 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: center;"><b>30</b></p> <p>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)</p>	<p style="text-align: center;"><b>31</b></p> <p>"Cowboy Nachos" Pulled Southern BBQ Turkey 17 S with Taco Chips 20 Cheese Sauce 2 M Fiesta Bean Salad 22 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)</p>	

**Key:** W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg  
Grams of Carbohydrate are indicated by the number

### 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!

*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!

**Make time for SCHOOL BREAKFAST!**  
Breakfast is served Daily in ALL our schools!



**This Is An Equal Opportunity Institution**