

MARCH

LUNCH MENU

GRADES 6-12



Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2	3	4
	Baked Breaded Chicken Drumstick Corn Muffin Farm Fresh Green Beans Fruit Choice Milk Choice	Whole Grain Jamaican Beef Patty Baby Carrots with Low Fat Ranch Dip 100% Vegetable Juice 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	Whole Grain Cheesy Bread Pull-Aparts OR Baked Mozzarella Sticks with Marinara Sauce Vegetable Medley 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	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	Whole Grain Maple Glazed French Toast Sticks Turkey Sausage Patty Hartford Fresh Local HomeFries Vegetable Juice Fruit Choice Milk Choice Whole Grain Smart Cookie	Sweet Potato Fish Sticks with Tartar Sauce Whole Grain Dinner Roll OR Whole Grain Grilled Cheese Sweet Potato Fries Fruit Choice Milk Choice
14	15	16	17	18
Salisbury Steak Mashed Potatoes with Gravy Broccoli Scott's Whole Grain Roll Fruit Choice Milk Choice	Whole Grain Breaded Chicken Tenders Macaroni and Cheese Farm Fresh Collard Greens Whole Grain Biscuit Fruit Choice Milk Choice	Hamburger on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice	Chicken Fajitas with Red Onion, Green and Red Peppers and Shredded Cheese on Whole Grain Flatbread Fiesta Beans Vegetable Juice 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

21	22	23	24	25
Whole Grain Pizza Wedge Corn Niblets Vegetable Juice Fruit Choice Milk Choice	All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Fruit Choice Milk Choice	Breaded Chicken Fillet on a Whole Grain Roll Carrot Coins 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 Chicken Tenders in Sweet Chili Sauce Seasoned Brown Rice Vegetable Medley Fruit Choice Milk Choice
28	29	30	31	
Whole Grain Cheese Pizza Broccoli Fruit Choice Milk Choice Whole Grain Treat	Whole Grain Waffles Baked Breaded Chicken Drumstick Mashed Potatoes with Gravy Scott's Whole Grain Roll Fruit Choice Milk Choice	Whole Grain Jamaican Beef Patty Baby Carrots with Low Fat Ranch Dip 100% Vegetable Juice 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	

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!

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

This Is An Equal Opportunity Institution

**Make time for
SCHOOL BREAKFAST!**

Breakfast is served Daily
in ALL our schools!



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

