



LUNCH MENU

GRADES 6-12

Allergen & Carbohydrate Information



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p>1</p> <p>Boneless Chicken Wings 14 WS with Sweet Chili Sauce 14 S Seasoned Brown Rice 23 S Local Farm Fresh Vegetable Medley 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p>4</p> <p>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)</p>	<p>5</p> <p>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)</p>	<p>6</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>7</p> <p>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)</p>	<p>8</p> <p>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)</p>
<p>11</p> <p>INTERSESSION NO SCHOOL</p>	<p>12</p> <p>INTERSESSION NO SCHOOL</p>	<p>13</p> <p>INTERSESSION NO SCHOOL</p>	<p>14</p> <p>INTERSESSION NO SCHOOL</p>	<p>15</p> <p>INTERSESSION NO SCHOOL</p>



18	19	20	21	22
Whole Grain Cheese Pizza 34 WM Carrot Coins 5 100% Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Grilled Teriyaki Chicken Dippers 8 WS 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)	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)	Turkey Taco Meat 3 Taco Chips 19 & 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)	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)
25	26	27	28	29
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	Oven Baked Breaded Chicken Leg 5 W Mashed Potatoes 13 M Farm Fresh Spinach 5 Whole Grain Biscuit 30 WSM 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)	Tex Mex Potato Bar with Seasoned Beef 0 & Cheese Sauce 2 M Potatoes Sidewinders 14 S Whole Grain Coco Roll 33 WS Farm Fresh Green Beans 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Boneless Chicken Wings 14 WS with Sweet Chili Sauce 14 S Seasoned Brown Rice 23 S Local Farm Fresh 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

- 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 ●

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

This Is An Equal Opportunity Institution

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!

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!

