

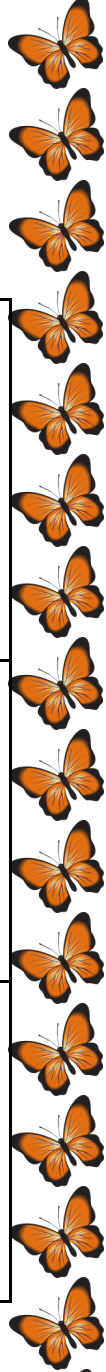


LUNCH MENU

GRADES 6-12



Where the future is present.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p>1</p> <p>Boneless Chicken Wings with Sweet Chili Sauce Seasoned Brown Rice Local Farm Fresh Vegetable Medley Fruit Choice Milk Choice</p>
<p>4</p> <p>Whole Grain Pasta with Meat Sauce Broccoli Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p>5</p> <p>Roasted Chicken Leg Arroz Con Gandules (Rice with Pigeon Peas) Farm Fresh Spinach Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p>6</p> <p>All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Fruit Choice Milk Choice</p>	<p>7</p> <p>Whole Grain Maple Glazed French Toast Sticks Turkey Sausage Patty Hartford Fresh Local HomeFries Whole Grain Smart Cookie Vegetable Juice Fruit Choice Milk Choice</p>	<p>8</p> <p>Potato Crunch Fish Sticks with Tartar Sauce Whole Grain Dinner Roll OR Whole Grain Grilled Cheese Sweet Potato Fries Fruit Choice Milk Choice</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 Pizza Wedge Carrot Coins Vegetable Juice Fruit Choice Milk Choice	Grilled Teriyaki Chicken Dippers Mashed Potatoes with Gravy Broccoli Florets Scott's Whole Grain Roll 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 Fruit Choice Milk Choice	Whole Grain Maple Glazed French Toast Sticks Turkey Sausage Patty Hartford Fresh Local HomeFries Vegetable Juice Whole Grain Smart Cookie Fruit Choice Milk Choice
25	26	27	28	29
Whole Grain Cheese Pizza Broccoli Fruit Choice Milk Choice Whole Grain Treat	Baked Breaded Chicken Drumstick Mashed Potatoes Farm Fresh Spinach Whole Grain Biscuit Fruit Choice Milk Choice	Whole Grain Jamaican Beef Patty Baby Carrots with Low Fat Ranch Dip 100% Vegetable Juice Fruit Choice Milk Choice	Tex Mex Potato Bar with Seasoned Beef, Cheese Sauce, Potato Sidewinders, and Scott's Whole Grain Roll Green Beans Fruit Choice Milk Choice	Boneless Chicken Wings with Sweet Chili Sauce Seasoned Brown Rice Local Farm Fresh Vegetable Medley 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 ●

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

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!

**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!



This Is An Equal Opportunity Institution