

June

LUNCH MENU

GRADES 6-12



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Breaded Chicken Fillet on a Whole Grain Roll Local Farm Fresh Roasted Sweet Potatoes Fruit Choice Milk Choice	2 Roasted Chicken Leg Arroz Con Gandules (Rice with Pigeon Peas) Farm Fresh Spinach Whole Grain Dinner Roll Fruit Choice Milk Choice	3 Potato Crunch Fish Sticks with Tartar Sauce Whole Grain Dinner Roll OR Whole Grain Grilled Cheese Sweet Potato Fries Fruit Choice Milk Choice
6 Whole Grain Cheese Pizza Vegetable Juice Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice	7 Oven Baked Chicken Tenders Macaroni and Cheese Farm Fresh Spinach Whole Grain Biscuit Fruit Choice Milk Choice	8 All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Fruit Choice Milk Choice	9 Salisbury Steak Mashed Potatoes with Gravy Corn Niblets Whole Grain Coco Roll Fruit Choice Milk Choice	10 Whole Grain Baked Mozzarella Sticks with Marinara Sauce Mixed Vegetables Fruit Choice Milk Choice Whole Grain Treat
13 Grilled Teriyaki Chicken Dippers Mashed Potatoes with Gravy Broccoli Florets Whole Grain Coco Roll Fruit Choice Milk Choice	14 Hamburger on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice	15 Whole Grain Pizza Wedge Carrot Sticks with Low Fat Ranch Dip Vegetable Juice 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!
- 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!

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

This Is An Equal Opportunity Institution

