# AUGUST 2022
## SUMMER LUNCH MENU

### MONDAY
1. Whole Grain Cheesy Pull Apart Bread 32 WMS
   - Marinara Sauce 5
   - Vegetable Juice 13
   - Green Beans 5
   - Fruit Choice 15
   - Milk Choice 13, 22 M (plain, chocolate)
   - Whole Grain Treat 19 WS

### TUESDAY
2. Whole Grain Cheese Pizza 34 WM
   - Carrot & Celery Sticks 5 with Low-Fat Ranch Dip 5 WSME
   - Fruit Choice 15
   - Milk Choice 13, 22 M (plain, chocolate)

### WEDNESDAY
3. Turkey Taco Meat 3
   - Taco Chips 19 & Cheese 1 M
   - Fiesta Beans Salad 22
   - Corn Niblets with Red Peppers 15
   - Fajita Seasoned Brown Rice 23 WS
   - Fruit Choice 15
   - Milk Choice 13, 22 M (plain, chocolate)

### THURSDAY
4. Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 S
   - Oven Baked Potato Wedges 19 WS
   - Red & Green Pepper Strips 5
   - Low Fat Ranch Dip 5 WSME
   - Fruit Choice 15
   - Milk Choice 13, 22 M (plain, chocolate)

### FRIDAY
5. Jamaican Beef Patty 46 WS 100% Fruit Juice 15
   - Curried Cabbage 5
   - Low Fat Ranch Dip 5 WSME
   - Lettuce & Sliced Tomato 5 with Fruit Choice 15
   - Milk Choice 13, 22 M (plain, chocolate)

### AUGUST 15-26TH—SUMMER BREAK—CAPITOL PREP STUDENTS
6. Whole Grain Cheesy Pull Apart Bread 32 WMS
   - Marinara Sauce 5
   - Vegetable Juice 13
   - Green Beans 5
   - Fruit Choice 15
   - Milk Choice 13, 22 M (plain, chocolate)
   - Whole Grain Treat 19 WS

### 12
7. Whole Grain Waffles 38 WSME
   - Breaded Chicken Leg 5 W
   - Farm Fresh Spinach 5
   - Fruit Choice 15
   - Milk Choice 13, 22 M

### 31
8. Whole Grain Jamaican Beef Patty 46 WS
   - 100% Yummy Vegetable Juice 13
   - Baby Carrots 5 with Ranch Dip 5 WSME
   - Fruit Choice 13
   - Milk Choice 13, 22 M

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WELCOME BACK!
**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!

**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 Banana or Zucchini Slice 45 WSME), Yogurt 19 M, and Cheese Stick 1 M
- Whole Grain Sunbutter Sandwich 56 WS

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.