<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole Grain Cheesy Pull Apart Bread with Marinara Sauce</td>
<td>Breaded Chicken Leg Corn Muffin</td>
<td>Whole Grain Cheese Pizza Carrot &amp; Celery Sticks with Low Fat Ranch Dip Broccoli Fruit Choice Milk Choice</td>
<td>Turkey Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro and Cumin Corn Niblets with Red Peppers Shredded Cheese Fruit Choice Milk Choice</td>
<td>Breaded Chicken Fillet on a Whole Grain Roll Oven Baked Potato Wedges Red &amp; Green Pepper Strips with Low Fat Ranch Dip Fruit Choice Milk Choice</td>
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<tr>
<td>Vegetable Juice Green Beans Fruit Choice Milk Choice</td>
<td>Whole Grain Treat</td>
<td>Whole Grain Jamaican Beef Patty Carried Cabbage 100% Fruit Juice Fruit Choice Milk Choice</td>
<td>Cheeseburger on a Whole Grain Roll Sidewinders Potatoes Sliced Lettuce and Tomato Vegetarian Baked Beans Fruit Choice Milk Choice</td>
<td>Whole Grain Chicken Tenders with BBQ Sauce Whole Grain Coco Roll Carrot Coins Cucumber &amp; Celery Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</td>
</tr>
<tr>
<td>Whole Grain Treat</td>
<td>Whole Grain Jamaican Beef Patty Curried Cabbage 100% Fruit Juice Fruit Choice Milk Choice</td>
<td>Salisbury Steak with Gravy Mashed Potatoes Farm Fresh Spinach or Swiss Chard Whole Grain Dinner Roll Fruit Choice Milk Choice Whole Grain Treat</td>
<td>Whole Grain Jamaican Beef Patty 100% Yummy Vegetable Juice Baby Carrots with Ranch Dip Fruit Choice Milk Choice</td>
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August 15- August-26th—Summer Break—Capitol Prep Students
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!

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

DAILY ALTERNATIVES:

- Whole Grain Protein Plate with a Bagel (or Whole Grain Zucchini or Banana Slice), Yogurt, and Cheese Stick
- Hummus Cup with Whole Grain Crackers and Cheese Stick