### AUGUST 2022 SUMMER LUNCH MENU

#### ALLERGEN & CARBOHYDRATE INFORMATION

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
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</tbody>
</table>
| 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 | Oven Baked Breaded Chicken Leg 5 W  
Broccoli 5  
Whole Grain Corn Muffin 28 WSME  
Fruit Choice 15  
Milk Choice 13, 22 M  
(plain, chocolate) | 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) | 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) | 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) |
| **8**  | **9**   | **10**    | **11**   | **12** |
| Whole Grain Breaded Mozzarella Sticks 33 WM  
Marinara Sauce 5  
Broccoli 5  
Vegetable Juice 13  
Fruit Choice 15  
Milk Choice 13, 22 M  
(plain, chocolate) | Jamaican Beef Patty 46 WS  
100 % Fruit Juice 15  
Curried Cabbage 5  
Low Fat Ranch Dip 5 WSME  
Fruit Choice 15  
Milk Choice 13, 22 M  
(plain, chocolate) | Hamburger 1 on a Whole Grain Roll 29 WS  
Sided River Potatoes 19 S  
Lettuce & Sliced Tomato 5 with Fruit Choice 15  
Milk Choice 13, 22 M  
(plain, chocolate) | Salisbury Steak 5 WSM  
Mashed Potatoes 13 M with Gravy 5 WSM  
Spinach 5  
Whole Grain Dinner Roll 17 WS  
Fruit Choice 15  
Milk Choice 13, 22 M  
(plain, chocolate) | Oven Baked Chicken Tenders 18 WS  
BBQ Sauce 16  
Cucumber & Celery Sticks 5 with Low-Fat Ranch Dip 5 WSME  
Whole Grain Coco Roll 33 WS  
Fruit Choice 15  
Milk Choice 13, 22 M  
(plain, chocolate) |
| **15** | **16**  | **17**    | **18**   | **19** |
| Oven Baked Breaded Chicken Leg 5 W  
Green Beans 5  
Vegetable Juice 13  
Whole Grain Corn Muffin 28 WSME  
Fruit Choice 15  
Milk Choice 13, 22 M  
(plain, chocolate)  
Whole Grain Treat 19 WS | All Beef Hot Dog 1 on a Whole Grain Roll 29 WS  
Oven Baked Potato Wedges 19 S  
Corn Niblets with Red Peppers 15  
Fruit Choice 15  
Milk Choice 13, 22 M  
(plain, chocolate) | Whole Grain Cheese Pizza 34 WM  
Cucumber & Celery Sticks 5 with Low-Fat Ranch Dip 5 WSME  
Fruit Choice 15  
Milk Choice 13, 22 M  
(plain, chocolate) | Meatball 4 M Grinder on a Whole Grain Roll 29 WS with Marinara Sauce 5  
Tomato & Cucumber Salad with Fresh Basil 5  
Fruit Choice 15  
Milk Choice 13, 22 M  
(plain, chocolate) | Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS  
Roasted Carrot Coins 100 % Fruit Juice 15  
Fruit Choice 15  
Milk Choice 13, 22 M  
(plain, chocolate) |
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!

**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

**Key:** W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg
Grams of Carbohydrate are indicated by the number following the menu item

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This Is An Equal Opportunity Institution