

# August/September

## LUNCH MENU

### GRADES K-8

#### Allergen & Carbohydrate Information



Where the future is present.

**WELCOME BACK!  
BIENVENIDOS!**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

August 29	30	31	Sept 1	2
<p>Whole Grain Cheese Pizza 34 WSM Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) Whole Grain Treat 19 WS</p>	<p>Oven Baked Breaded Chicken Leg 5 W Whole Grain Waffles 37 WSME Farm Fresh Spinach 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Jamaican Beef Patty 46 WS Vegetable Juice 13 Baby Carrots 5 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Tex Mex Potato Bar with Seasoned Beef 1 WS &amp; Cheese Sauce 2 M Potatoes Sidewinders 14 S Whole Grain Coco Roll 33 WS Fiesta Bean Salad 22 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Boneless Chicken Wings 14 WS with Sweet Chili Sauce 14 S Seasoned Brown Rice 23 WS Local Farm Fresh Vegetable Medley 5 Corn Muffin 28 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p><b>5</b></p> <p><b>Labor Day No School</b></p>	<p><b>6</b></p> <p>Whole Grain Pasta 23 WE with Meat Sauce 11 Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p><b>7</b></p> <p>All Beef Hot Dog 1 on a Whole Grain Roll 29 WS Vegetarian Baked Beans 22 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) Pre-K Only: Grilled Teriyaki Chicken Tenders 8 WS</p>	<p><b>8</b></p> <p>Roasted Chicken Leg 2 Arroz Con Gandules 25 WS (Rice with Pigeon Peas) Farm Fresh Green Beans 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p><b>9</b></p> <p>Potato Crunch Fish Sticks 19 WSM Tartar Sauce 1 SE &amp; Whole Grain Dinner Roll 17 WS OR Whole Grain Grilled Cheese 32 WSM Potato Wedges 26 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p><b>12</b></p> <p>Whole Grain Cheese Pizza 34 WM Baby Carrots 5 Low Fat Ranch Dip 5 WSME 100% Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p><b>13</b></p> <p>Whole Grain Chicken Tenders 12 WS Macaroni and Cheese 20 WME Farm Fresh Collard Greens 5 Whole Grain Biscuit 30 WSM Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p><b>14</b></p> <p>Hamburger 1 on a Whole Grain Roll 29 WS Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p><b>15</b></p> <p>Chicken Fajitas 3 WS with Red Onions, Green and Red Peppers 5 Whole Grain Flatbread 28 WSM Se Vegetable Juice 13 Shredded Cheese 1 M Fiesta Beans Salad 22 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p><b>16</b></p> <p>Whole Grain French Toast Sticks 31 WSME Syrup 25 Sugar Free Syrup 5 Turkey Sausage 1 Hartford FRESH Home Fries 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>



<p style="text-align: right;"><b>19</b></p> <p>Whole Grain Breaded Mozzarella Sticks 33 WSM Carrot Coins 5 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;"><b>20</b></p> <p>Salisbury Steak 4 WSM with Gravy 4 WSM Mashed Potatoes 13 M Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;"><b>21</b></p> <p>Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Baby Carrots 5 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;"><b>22</b></p> <p>Oven Baked Pork Choppette 11 WS Seasoned Brown Rice 23 S OR Whole Grain Grilled Cheese 32 WSM Oven Roasted Butternut Squash 11 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;"><b>23</b></p> <p>Turkey Taco Meat 3 Taco Chips 19 &amp; Cheese 1 M Fiesta Beans Salad 22 Corn Niblets 15 Fajita Seasoned Brown Rice 23 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>
<p style="text-align: right;"><b>26</b></p> <p>Whole Grain Cheese Pizza 34 WM Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) Whole Grain Treat 19 WS</p>	<p style="text-align: right;"><b>27</b></p> <p>Oven Baked Breaded Chicken Leg 5 W Whole Grain Waffles 37 WSME Farm Fresh Spinach 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;"><b>28</b></p> <p>Jamaican Beef Patty 46 WS Vegetable Juice 13 Baby Carrots 5 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;"><b>29</b></p> <p>Tex Mex Potato Bar with Seasoned Beef 1 WS &amp; Cheese Sauce 2 M Potatoes Sidewinders 14 S Whole Grain Dinner Roll 17 WS Cilantro Lime Black Beans 18 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;"><b>30</b></p> <p>Boneless Chicken Wings 14 WS with Sweet Chili Sauce 14 S Seasoned Brown Rice 23 S Local Farm Fresh Vegetable Medley 5 Corn Muffin 28 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>

**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!

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

**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!

**Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg  
Se=Sesame**

**Grams of Carbohydrate are indicated by the number following the menu item.**

**DAILY ALTERNATIVES**

- Hummus Cup 9 Se 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



**This Is An Equal Opportunity Institution**

