

**WELCOME BACK!
BIENVENIDOS!**

**August/September
PRE-PACK LUNCH MENU
GRADES 9-12**



Allergen & Carbohydrate Information

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>August 29</p> <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>30</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>31</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>Sept 1</p> <p>Tex Mex Potato Bar with Seasoned Beef 1 WS & 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>2</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>5</p> <p>Labor Day No School</p>	<p>6</p> <p>Whole Grain Pasta with Meat Sauce 26 WE Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) Whole Grain Garlic Knot 23 WMS</p>	<p>7</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)</p>	<p>8</p> <p>Roasted Chicken Leg 2 Arroz Con Gandules 25 WS (Rice with Pigeon Peas) Farm Fresh Green Beans 5 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>9</p> <p>Potato Crunch Fish Sticks 19 WSM Tartar Sauce 1 SE & 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>12</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>13</p> <p>Whole Grain Chicken Tenders 18 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>14</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>15</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>16</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;">19</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;">20</p> <p>Salisbury Steak 4 WSM with Gravy 4 WSM Mashed Potatoes 13 M Whole Grain Coco Roll 33 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">21</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;">22</p> <p>Oven Baked Pork Choppette 11 WS Seasoned Brown Rice 23 WS Whole Grain Dinner Roll 17 WS 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;">23</p> <p>Beef Taco Meat 3 W Taco Chips 19 & 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;">26</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;">27</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;">28</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;">29</p> <p>Tex Mex Potato Bar with Seasoned Beef 1 WS & Cheese Sauce 2 M Potatoes Sidewinders 14 S Whole Grain Coco Roll 33 WS Cilantro Lime Black Beans 18 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">30</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>

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.



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

Make time for SCHOOL BREAKFAST!
Breakfast is served Daily in **ALL** our schools!



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, Yogurt 19 M, and Cheese Stick 1 M

This Is An Equal Opportunity Institution

