

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Aug 29	30	31	1	2
<p>Whole Grain Pizza Wedge Broccoli Whole Grain Treat Fruit Choice Milk Choice</p>	<p>Baked Breaded Chicken Leg Whole Grain Waffles Farm Fresh Spinach Fruit Choice Milk Choice</p>	<p>Whole Grain Jamaican Beef Patty Baby Carrots with Low Fat Ranch Dip 100% Vegetable Juice Fruit Choice Milk Choice</p>	<p>Tex Mex Potato Bar with Seasoned Beef, Cheese Sauce, Potato Sidewinders, and Scotts Whole Grain Roll Fiesta Beans Fruit Choice Milk Choice</p>	<p>Boneless Chicken Wings with Sweet Chili Sauce Seasoned Brown Rice Corn Muffin Vegetable Medley Fruit Choice Milk Choice</p>
5	6	7	8	9
<p>LABOR DAY NO SCHOOL</p>	<p>Whole Grain Pasta with Meat Sauce Broccoli Whole Grain Garlic Knots Fruit Choice Milk Choice</p>	<p>All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Fruit Choice Milk Choice</p>	<p>Roasted Chicken Leg Arroz Con Gandules (Rice with Pigeon Peas) Farm Fresh Green Beans Whole Grain Roll Fruit Choice Milk Choice</p>	<p>Potato Crunch Fish Sticks with Tartar Sauce Whole Grain Dinner Roll OR Whole Grain Grilled Cheese Potato Wedges Fruit Choice Milk Choice</p>
12	13	14	15	16
<p>Whole Grain Cheese Pizza Vegetable Juice Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>Oven Baked Chicken Tenders Macaroni and Cheese Farm Fresh Collard Greens Whole Grain Biscuit Fruit Choice Milk Choice</p>	<p>Hamburger on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice</p>	<p>Chicken Fajitas with Red Onion, Green and Red Peppers and Shredded Cheese on Whole Grain Flatbread Fiesta Beans Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>Whole Grain Maple Glazed French Toast Sticks Turkey Sausage Patty Hartford Fresh Local HomeFries Vegetable Juice Whole Grain Cookie Fruit Choice Milk Choice</p>



<p style="text-align: right;">19</p> <p>Baked Mozzarella Sticks with Marinara Sauce Carrot Coins Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">20</p> <p>Salisbury Steak Mashed Potatoes with Gravy Farm Fresh Broccoli Scotts Whole Grain Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">21</p> <p>Breaded Chicken Fillet on a Whole Grain Roll Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p style="text-align: right;">22</p> <p>Oven Baked Pork Choppette OR Whole Grain Grilled Cheese Seasoned Brown Rice Oven Roasted Butternut Squash Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">23</p> <p>Beef Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro Corn Niblets Shredded Cheese Fajita Seasoned Brown Rice Fruit Choice Milk Choice</p>
<p style="text-align: right;">26</p> <p>Whole Grain Pizza Wedge Broccoli Whole Grain Treat Fruit Choice Milk Choice</p>	<p style="text-align: right;">27</p> <p>Whole Grain Waffles Baked Breaded Chicken Drumstick Farm Fresh Spinach Fruit Choice Milk Choice</p>	<p style="text-align: right;">28</p> <p>Whole Grain Jamaican Beef Patty Baby Carrots with Low Fat Ranch Dip 100% Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">29</p> <p>Tex Mex Potato Bar with Seasoned Beef, Cheese Sauce, Potato Sidewinders, and Scotts Whole Grain Roll Cilantro Lime Black Beans Fruit Choice Milk Choice</p>	<p style="text-align: right;">30</p> <p>Boneless Chicken Wings with Sweet Chili Sauce Seasoned Brown Rice Corn Muffin Vegetable Medley Fruit Choice Milk Choice</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!

DAILY ALTERNATIVES

Monday/Wednesday/Friday:

- Whole Grain Protein Plate with a Bagel, Yogurt, and Cheese Stick

Tuesday & Thursday

- Hummus Cup with Whole Grain Crackers and Cheese Stick

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

This Is An Equal Opportunity Institution

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!

