

October

PRE-PACK LUNCH MENU

GRADES 9-12



Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p style="text-align: right;">3</p> <p>Whole Grain Pasta with Meat Sauce Broccoli Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">4</p> <p>Roasted Chicken Leg Whole Grain Rice Green Beans Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">5</p> <p>Early Release All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Baby Carrots with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p style="text-align: right;">6</p> <p>Oven Baked Chicken Tenders Macaroni and Cheese Farm Fresh Spinach Whole Grain Biscuit Fruit Choice Milk Choice</p>	<p style="text-align: right;">7</p> <p>Crunchy Fish Sticks with Tartar Sauce Whole Grain Dinner Roll OR Whole Grain Grilled Cheese Potato Wedges Fruit Choice Milk Choice</p>
<p style="text-align: right;">10</p> <p>PROFESSIONAL LEARNING NO SCHOOL</p>	<p style="text-align: right;">11</p> <p>Whole Grain Cheese Pizza Vegetable Juice Broccoli Fruit Choice Milk Choice</p>	<p style="text-align: right;">12</p> <p>Hamburger on a Whole Grain Roll Corn Niblets Fruit Choice Milk Choice</p>	<p style="text-align: right;">13</p> <p>Chicken Fajitas with Red Onion, Green and Red Peppers and Shredded Cheese on Whole Grain Flatbread Fiesta Beans Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">14</p> <p>Whole Grain Maple Glazed French Toast Sticks Turkey Sausage Patty Hartford Fresh Local HomeFries Vegetable Juice Whole Grain Smart Cookie Fruit Choice Milk Choice</p>
<p style="text-align: right;">17</p> <p>Oven Baked Chicken Tenders Macaroni and Cheese Farm Fresh Collard Greens Whole Grain Biscuit Fruit Choice Milk Choice</p>	<p style="text-align: right;">18</p> <p>Salisbury Steak Mashed Potatoes with Gravy Carrot Coins Scott's Whole Grain Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">19</p> <p>Early Release 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;">20</p> <p>Whole Grain Chicken Alfredo Pasta with Broccoli Whole Grain Dinner Roll Fruit Choice Milk Choice</p>	<p style="text-align: right;">21</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>

24 Whole Grain Pizza Wedge Broccoli Whole Grain Treat Fruit Choice Milk Choice	25 Whole Grain Waffles Baked Breaded Chicken Drumstick Farm Fresh Spinach Fruit Choice Milk Choice	26 Whole Grain Jamaican Beef Patty Baby Carrots with Low Fat Ranch Dip 100% Vegetable Juice Fruit Choice Milk Choice	27 Tex Mex Potato Bar with Seasoned Beef, Cheese Sauce, Potato Wedge, and Fiesta Beans Scott's Whole Grain Roll Fruit Choice Milk Choice	28 Boneless Chicken Wings with Sweet Chili Sauce Seasoned Brown Rice Corn Muffin Vegetable Medley Fruit Choice Milk Choice
31 Whole Grain Pasta with Meat Sauce Broccoli Whole Grain Dinner Roll Fruit Choice Milk Choice	<p>DID YOU KNOW?</p> <ul style="list-style-type: none"> ● 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! 			

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!

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



DAILY ALTERNATIVES

- Whole Grain Protein Plate with a Bagel, Yogurt, and Cheese Stick
 - Hummus Cup with Whole Grain Crackers and Cheese Stick ●
- Other Alternatives may include:**
- Whole Grain Sunbutter Sandwich ● Assorted Sandwiches on a Whole Grain Roll
 - Assorted Salads with Scott's Whole Grain Roll ● Yogurt Parfait with Whole Grain Granola and Whole Grain Pretzels ●

Availability may vary.

This Is An Equal Opportunity Institution