

October

PRE-PACK LUNCH MENU

GRADES K-8

Allergen & Carbohydrate Information



Where the future is present.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>Whole Grain Pasta 26 WE with Meat Sauce 11 Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</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>Early Release All Beef Hot Dog 1 on a Whole Grain Roll 29 WS Vegetarian Baked Beans 22 Baby Carrots 5 Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) Pre-K Only: Grilled Teriyaki Chicken Tenders 8 WS</p>	<p>Whole Grain Chicken Tenders 12 WS Macaroni and Cheese 20 WME Farm Fresh Spinach 5 Whole Grain Biscuit 30 WSM Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Crunchy 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>
10	11	12	13	14
<p>Professional Learning No School</p>	<p>Whole Grain Cheese Pizza 34 WSM Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</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>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>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>
17	18	19	20	21
<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>Salisbury Steak 4 WSM with Gravy 4 WSM Mashed Potatoes 13 M Carrot Coins 5 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Early Release 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>Whole Grain Pasta 23 WE with Chicken Alfredo Sauce 4 M Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Beef Taco Meat 3 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;">24</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 style="text-align: right;">25</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;">26</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;">27</p> <p>Tex Mex Potato Bar with Seasoned Beef 1 WS & Cheese Sauce 2 M Potatoes Sidewinders 14 S Whole Grain Dinner Roll 17 WS Fiesta Bean Salad 22 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: right;">28</p> <p>Boneless Chicken Wings 14 WS with Sweet Chili Sauce 14 S Se 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 style="text-align: right;">31</p> <p>Whole Grain Pasta 26 WE with Meat Sauce 11 Broccoli 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: center;">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! 			

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

Availability may vary

*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!



This Is An Equal Opportunity Institution