

November

LUNCH MENU

GRADES 6-12

Allergen & Carbohydrate Information



Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2	3	4
	<p>Roasted Chicken Leg 2 Arroz Con Gandules 25 WS (Rice with Pigeon Peas) Farm Fresh Green Beans 5 Whole Grain Mini Corn Bread 36 WSME 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)</p>	<p>Whole Grain Chicken Tenders 18 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>
7	8	9	10	11
<p>Whole Grain Cheese Pizza 34 WSM Broccoli 5 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Professional Learning No School</p>	<p>Hamburger 1 on a Whole Grain Roll 29 WS Lettuce & Tomato 5 Potato Wedges 26 WS Cucumber Slices & Red Pepper Strips 5 Low Fat Ranch Dip 5 WSME 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 Shredded Cheese 1 M Fiesta Beans Salad 22 Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Veteran's Day Schools Closed</p>
14	15	16	17	18
<p>Whole Grain Cheese Pizza 34 WSM Broccoli 5 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate) Whole Grain Treat 19 WS</p>	<p>Salisbury Steak 4 WSM with Gravy 4 WSM Mashed Potatoes 13 M Farm Fresh Green Beans 5 Whole Grain Coco Roll 33 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 Lettuce & Tomato 5 Carrots 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p>Turkey 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>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) Whole Grain Smart Cookie 22 WSME</p>

<p style="text-align: center;">21</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: center;">22</p> <p>Breaded Chicken Filet 14 WS on a Whole Grain Roll 29 WS Lettuce & Tomato 5 Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: center;">23</p> <p>Early Release Whole Grain Cheese Pizza 34 WSM Hot Vegetable Choice 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">Thanksgiving Recess</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">Thanksgiving Recess</p>
<p style="text-align: center;">28</p> <p>Beef & Cheese Taco Stick 32 WSM Vegetable Juice 13 Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: center;">29</p> <p>Roasted Chicken Leg 2 Arroz Con Gandules 25 WS (Rice with Pigeon Peas) Farm Fresh Spinach 5 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)</p>	<p style="text-align: center;">30</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>	<div style="border: 1px solid black; padding: 10px;"> <p>Key: W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg Se=Sesame</p> <p>Grams of Carbohydrate are indicated by the number following the menu item.</p> </div>	

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!

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 Zucchini or Banana Bread Slice 45 W, S, M,E) , Yogurt 19 M, and Cheese Stick 1 M
- Whole Grain Sun-Butter Sandwich 56WS ● Assorted Sandwiches on a Whole Grain Roll 29 WSM ● Assorted Fresh Salads with Scott's Whole Grain Roll 38 WSM ● Yogurt Parfait 53 WM with Whole Grain Granola 20 W and Whole Grain Pretzels 15W

Availability may vary

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!

