

November

LUNCH MENU GRADES K-8



Allergen & Carbohydrate Information

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1	2	3	4
	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)	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: Teriyaki Chicken Tenders 8 WS	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)	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)
7	8	9	10	11
Whole Grain Cheese Pizza 34 WSM Broccoli 5 Fruit Choice 15 Vegetable Juice 13 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Professional Learning No School	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)	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)	Veteran's Day Schools Closed
14	15	16	17	18
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	Salisbury Steak 4 WSM with Gravy 4 WSM Mashed Potatoes 13 M Farm Fresh Green Beans 5 Whole Grain Dinner Roll 17 WS Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	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)	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)	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)

21	22	23	24	25
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)	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)	Early Release Whole Grain Cheese Pizza 34 WSM Hot Vegetable Choice 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Thanksgiving Recess	Thanksgiving Recess
28	29	30	 Remember ALL meals include your choice of milk, fruit, and any of the vegetables of the day!	
Beef & Cheese Taco Stick 32 WSM Vegetable Juice 13 Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	Roasted Chicken Leg 2 Arroz Con Gandules 25 WS (Rice with Pigeon Peas) Farm Fresh Spinach 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	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) Pre K Only: Toriyaki Chicken Tenders 8 WS		



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!

**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 (or Whole Grain Banana or Zucchini Slice) 45 WSME, Yogurt 19 M, and Cheese Stick 1 M
- Whole Grain Sunbutter Sandwich 56 WS

Availability may vary

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



This Is An Equal Opportunity Institution