

November

PRE-PACK LUNCH MENU

GRADES 9-12

Allergen & Carbohydrate Information



Where the future is present.

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 Whole Grain Mini Corn Bread 36 WSME 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)	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)	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 Whole Grain Cheese Pizza 34 WSM Broccoli 5 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	8 Professional Learning No School	9 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)	10 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)	11 Veteran's Day Schools Closed
14 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	15 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)	16 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)	17 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)	18 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>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>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>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>24</p> <p>Thanksgiving Recess</p>	<p>25</p> <p>Thanksgiving Recess</p>
<p>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>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>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!
- All menu items are artificial and trans fat free!

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.

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

