

November

PRE-PACK LUNCH MENU

GRADES 9-12



Where the future is present.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1		2		3		4
	<p>Roasted Chicken Leg Arroz Con Gandules (Rice with Pigeon Peas) Farm Fresh Green Beans Whole Grain Mini Corn Bread Fruit Choice Milk Choice</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>Oven Baked Chicken Tenders Macaroni and Cheese Farm Fresh Spinach Whole Grain Biscuit Fruit Choice Milk Choice</p>	<p>Crunchy Fish Sticks with Tartar Sauce Whole Grain Dinner Roll OR Whole Grain Grilled Cheese Potato Wedges Fruit Choice Milk Choice</p>			
7	8	9	10	11			
<p>Whole Grain Cheese Pizza Vegetable Juice Broccoli Fruit Choice Milk Choice</p>	<p>Professional Learning No School</p>	<p>Hamburger on a Whole Grain Roll Lettuce & Tomato Potato Wedges Cucumber Slices and Red Pepper Sticks with Low Fat Ranch Dip Fruit Choice Milk Choice</p>	<p>Chicken Fajitas with Red Onion, Green and Red Peppers and Shredded Cheese on Whole Grain Flatbread Fiesta Beans Corn Niblets Fruit Choice Milk Choice</p>	<p>Veteran's Day Schools Closed</p>			
14	15	16	17	18			
<p>Whole Grain Pizza Wedge Broccoli Vegetable Juice Whole Grain Treat Fruit Choice Milk Choice</p>	<p>Salisbury Steak Mashed Potatoes with Gravy Farm Fresh Green Beans Scott's Whole Grain Roll Fruit Choice Milk Choice</p>	<p>Early Release Breaded Chicken Fillet on a Whole Grain Roll Lettuce & Tomato Carrot Coins Fruit Choice Milk Choice</p>	<p>Beef Taco Meat with Whole Grain Taco Chips Fiesta Beans Salad with Fresh Cilantro Shredded Cheese Corn Niblets Brown Rice Fruit Choice Milk Choice</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>			

21	22	23	24	25
Whole Grain Jamaican Beef Patty Baby Carrots with Low Fat Ranch Dip 100% Vegetable Juice Fruit Choice Milk Choice	Breaded Chicken Fillet on a Whole Grain Roll Lettuce & Tomato Corn Niblets Fruit Choice Milk Choice	Early Release Whole Grain Cheese Pizza Hot Vegetable Choice Fruit Choice Milk Choice	Thanksgiving Recess	Thanksgiving Recess
28	29	30	<p>Remember ALL meals include your choice of milk, fruit, and any of the vegetables of the day!</p>	
Beef & Cheese Taco Stick Vegetable Juice Corn Niblets Fruit Choice Milk Choice	Roasted Chicken Leg Arroz Con Gandules (Rice with Pigeon Peas) Farm Fresh Spinach Whole Grain Dinner Roll Fruit Choice Milk Choice	All Beef Hot Dog on a Whole Grain Roll Vegetarian Baked Beans Fruit Choice Milk Choice		

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

- 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.

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

This Is An Equal Opportunity Institution

