

November

PRE-PACK LUNCH MENU

GRADES K-8

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 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)		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)		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 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)	22 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)	23 Early Release Whole Grain Cheese Pizza 34 WSM Hot Vegetable Choice 5 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	24 Thanksgiving Recess	25 Thanksgiving Recess
28 Beef & Cheese Taco Stick 32 WSM Vegetable Juice 13 Corn Niblets 15 Fruit Choice 15 Milk Choice 13, 22, 22 M (plain, strawberry, chocolate)	29 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)	30 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: Teriyaki Chicken Tenders 8 WS	 <p>Make time for SCHOOL BREAKFAST! Breakfast is served Daily in ALL our schools!</p> <p>Remember ALL meals include your choice of milk, fruit, and any of the vegetables of the day!</p>	

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!

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



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

This Is An Equal Opportunity Institution