



LUNCH MENU K-8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1
				<p>Grilled Chicken on a Whole Grain Roll Sliced Tomato and Lettuce Cross Trax Baked Sweet Potatoes Fruit Choice Milk Choice</p>
4	5	6	7	8
<p>Turkey Taco Meat and Taco Chips Fiesta Beans Salad/Ensalada Cubana with Fresh Cilantro Fajita Style Brown Rice Shredded Lettuce and Tomato Shredded Cheese Fruit Choice Milk Choice</p>	<p>Baked Breaded Chicken and Whole Grain Waffles with Smart Balance Margarine and Syrup Citrus Beet Salad Vegetable Juice Fruit Choice Milk Choice</p>	<p>Galaxy Whole Grain Personal Cheese Pizza Carrot Sticks and Celery Sticks with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p> <p>EARLY RELEASE</p>	<p>Hamburger on a Whole Grain Roll Lettuce and Sliced Tomato Yucca Sticks Fruit Choice Milk Choice</p>	<p>Oven Baked Breaded Chicken Tenders Cilantro Lime Brown Rice and Quinoa Oven Roasted Cinnamon Butternut Squash Steamed Farm Fresh Spinach with Diced Red Peppers Fruit Choice Milk Choice</p>
11	12	13	14	15
<p>Cherry Blossom Chicken Seasoned Brown Rice Steamed Edamame Broccoli Florrettes Fruit Choice Milk Choice</p>	<p>All Beef Hot Dog on Whole Grain Roll Vegetarian Baked Beans Carrot Coins Fruit Choice Milk Choice</p> <p>Pre-K Only: Whole Grain Pizza</p>	<p>Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty HartfordFRESH Homefries Vegetable Juice Fruit Choice Milk Choice</p>	<p>Turkey Pot Roast Mashed Potatoes with Gravy Green Beans Fruit Choice Milk Choice Warm Apple Stick</p>	<p>Whole Grain Fresh Vegetable or Cheese Stuffed Crust Pizza Crisp Cucumber Slices and Red Pepper Strips with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>



18 Whole Grain Cheese Twists with Marinara Minestrone Soup Celery and Cherry Tomato Cup with Low Fat Ranch Dip Fruit Choice Milk Choice	19 Chicken Fajitas with Red Onions, Green and Red Peppers Whole Grain Flatbread Fajita Style Brown Rice Corn Niblets with Diced Red Peppers Shredded Cheese and Salsa Fruit Choice Milk Choice	20 BBQ Pulled Pork on a Whole Grain Roll OR Teriyaki Chicken Dippers Whole Grain Corn Muffin Vegetarian Baked Beans Fruit Choice Milk Choice Whole Grain Holiday Cookie Treat	21 Oven Roasted Chicken Leg Whole Grain Arroz Con Gandules Platanos Dulces/Ripe Plantains Romaine Lettuce Salad with Baby Grape Tomatoes and Shredded Carrots and Choice of Dressing Fruit Choice Milk Choice	22 Whole Grain Turkey Pepperoni and Cheese Pinwheel Corn Niblets Fruit Choice Milk Choice
25 WINTER RECESS	26 WINTER RECESS	27 WINTER RECESS	28 WINTER RECESS	29 WINTER RECESS

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 Bagel Protein Plate with 2 of the following: Yogurt, Cheese Stick, Sunbutter or Sunflower Seeds ● Whole Grain Sunbutter Sandwich ● Assorted Sandwiches on a Whole Grain Roll ● Assorted Salads with Scott's Whole Grain Roll ● Black Bean Burger on a Whole Grain Roll



Remember **ALL** meals include your choice of milk, fruit, and any of the vegetables of the day!



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

Baby carrots and low fat dip are offered at lunch every day!

Make time for SCHOOL BREAKFAST!

Breakfast is served Daily in ALL our schools!

