

March

LUNCH MENU

PRE-PACK SCHOOLS - GRADES K-8



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Whole Grain Pasta with Beef Meatballs and Marinara Sauce Green Zucchini and Summer Squash with Diced Red Peppers Fruit Choice Milk Choice	2 Grilled Chicken on a Whole Grain Roll Lettuce and Tomato Cross Trax Baked Sweet Potatoes Fruit Choice Milk Choice
5 Galaxy Whole Grain Personal Pizza Carrot Sticks and Celery Sticks with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice	6 Baked Breaded Chicken and Whole Grain Waffles with Smart Balance Margarine and Syrup Fresh Veggie Sticks and Ranch Dip Vegetable Juice Fruit Choice Milk Choice	7 Snow Day	8 Snow Day	9 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
12 Oven Baked Breaded Chicken Tenders Brown Rice Oven Roasted Cinnamon Butternut Squash Steamed Farm Fresh Spinach with Diced Red Peppers Fruit Choice Milk Choice	13 Snow Day	14 Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty Hash Brown Vegetable Juice Fruit Choice Milk Choice	15 All Beef Hot Dog on Whole Grain Roll Vegetarian Baked Beans Carrot Coins Fruit Choice Milk Choice Pre-K Only: Whole Grain Pizza	16 Whole Grain Cheese Pizza Crisp Cucumber Slices and Red Pepper Strips with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice Whole Grain Holiday Cookie Treat

19	20	21	22	23
Whole Grain Cheese Twists with Marinara Vegetable Juice Celery and Cherry Tomato Cup with Low Fat Ranch Dip Fruit Choice Milk Choice	Teriyaki Chicken Dippers Brown Rice Farm Fresh Broccoli Fruit Choice Milk Choice	BBQ Beef Rib on a Whole Grain Roll Corn Niblets with Diced Red Peppers Fruit Choice Milk Choice	Oven Roasted Chicken Leg Seasoned Brown Rice Platanos Dulces/Ripe Plantains Kale Salad with Baby Grape Tomatoes and Shredded Carrots and Choice of Dressing Fruit Choice Milk Choice	Sweet Potato Fish Sticks with Tartar Sauce OR Whole Grain Turkey Pepperoni and Cheese Pinwheel Oven Baked Potato Wedges Steamed Edamame Citrus Beet Salad Whole Grain Dinner Roll Fruit Choice Milk Choice
26	27	28	29	30
Baked Breaded Popcorn Chicken Czajkowski Vegetable Medley Cross Trax Sweet Potatoes Fruit Choice Milk Choice	Galaxy Pizza Celery and Carrot Sticks with Low Fat Ranch Dressing Vegetable Juice Fruit Choice Milk Choice	Breaded Chicken Breast Chunks Seasoned Brown Rice Green Beans Whole Grain Corn Muffin Fruit Choice Milk Choice	Salisbury Steak with Mashed Potatoes and Gravy Rainbow Swiss Chard Whole Grain Garlic Toast Fruit Choice Milk Choice	GOOD FRIDAY NO SCHOOL

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!

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
- Assorted Salads with Scott's Whole Grain Roll
- Black Bean Burger on a Whole Grain Roll

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!



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.

This Is An Equal Opportunity Institution