



LUNCH MENU K-8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Whole Grain Pancakes with Syrup Turkey Sausage Links HartfordFRESH Homefries Vegetable Juice Fruit Choice Milk Choice	2 Turkey Pot Roast Seasoned Brown Rice Cinnamon Oven Roasted Butternut Squash Fruit Choice Milk Choice	3 Whole Grain Fresh Vegetable or Cheese Pizza Wedge with Stuffed Crust Crisp Cucumber Slices and Red Pepper Strips with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice
6 Whole Grain Cheese Twists with Marinara Minestrone Soup Celery and Cherry Tomato Cup with Low Fat Ranch Dip Fruit Choice Milk Choice	7 PROFESSIONAL DEVELOPMENT NO SCHOOL	8 BBQ Pulled Pork on a Whole Grain Roll OR Teriyaki Chicken Dippers Whole Grain Corn Muffin Farm Fresh Broccoli Fruit Choice Milk Choice	9 Oven Roasted Chicken Leg Whole Grain Arroz Con Gandules Baked Tostones Fresh Kale Salad with Grape Tomatoes and Shredded Carrots and Choice of Dressing Fruit Choice Milk Choice	10 VETERANS DAY NO SCHOOL
13 Baked Breaded Popcorn Chicken Czajkowski Vegetable Medley Cross Trax Sweet Potatoes Fruit Choice Milk Choice	14 Big Daddy Pizza Celery and Carrot Sticks with Low Fat Ranch Dressing Vegetable Juice Fruit Choice Milk Choice	15 Breaded Chicken Breast Chunks Seasoned Brown Rice Farm Fresh Green Beans Whole Grain Corn Muffin Fruit Choice Milk Choice	16 Salisbury Steak with Mashed Potatoes and Gravy Rainbow Swiss Chard Whole Grain Garlic Toast Fruit Choice Milk Choice	17 Totally Taco Whole Grain Bites Corn Niblets Lime Cilantro Black Beans Fruit Choice Milk Choice





20 Enchiladas with Mild Sauce Corn Niblets with Diced Red Peppers Vegetable Juice Fruit Choice Milk Choice	21 Breaded Chicken Fillet on a Whole Grain Roll with BBQ Sauce Vegetarian Baked Beans Sweet Potato Wedges Fruit Choice Milk Choice	22 Whole Grain French Bread Pizza Mixed Vegetables Fruit Choice Milk Choice EARLY RELEASE	23 THANKSGIVING RECESS	24 THANKSGIVING RECESS
27 Whole Grain Philly Steak and Cheese Pinwheel Tex Mex Bean Salad with Fresh Cilantro and Cumin Vegetable Juice Fruit Choice Milk Choice	28 Baked Pork Choppette OR Teriyaki Chicken Dippers Seasoned Cilantro Lime Brown Rice Farm Fresh Green Beans Whole Grain Dinner Roll Fruit Choice Milk Choice	29 Whole Grain Cheese Quesadilla Broccoli Florettes Arugula and Grape Tomato Salad with Choice of Dressing 100% Fruit Juice Fruit Choice Milk Choice	30 Whole Grain Pasta with Beef Meatballs and Marinara Sauce Green Zucchini and Summer Squash with Diced Red Peppers Fruit Choice Milk Choice	<p>Make time for SCHOOL BREAKFAST! Breakfast is served Daily in ALL our schools!</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!

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



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

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

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

