


<p style="text-align: right;">20</p>  <p style="text-align: center;">NO SCHOOL President's Day</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">NO SCHOOL Professional Development Day</p>	<p style="text-align: right;">22</p> <p>Whole Grain Con Queso Triangles Tex Mex Bean Salad Carrot Sticks with Low Fat Ranch dip Fruit Choice Milk Choice</p>	<p style="text-align: right;">23</p> <p>Stuffed Crust Whole Grain Pizza Tomato and Arugula Salad Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">24</p> <p>Oven Roasted Chicken Leg Whole Grain Spanish Style Rice (Arroz Con Gandules) Baked Tostones Romaine Lettuce Salad with Grape Tomatoes and Shredded Carrots with Choice of Dressing Whole Grain Scott's Roll Fruit Choice Milk Choice</p>
<p style="text-align: right;">27</p> <p>Whole Grain Cheezy Bread Crisp Celery and Baby Carrots with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice</p>	<p style="text-align: right;">28</p> <p>Scott's Jamaican Beef Patty—OR— Homestyle Grilled Cheese on Whole Grain Bread 100% Fruit Juice Steamed Green Beans Fruit Choice Milk Choice</p>	<p style="text-align: center;"><i>Daily Alternatives</i></p> <p>Whole Grain Bagel Protein Plate with two of the following: Yogurt, Cheese Stick, Sunbutter or Sunflower Seeds ♥ Whole Grain Sunbutter Sandwich and Sunflowers Seeds ♥ Assorted Sandwiches on a Whole Grain Roll ♥ Assorted Salads with Scott's Whole Grain Roll ♥ Black Bean Burger on a Whole Grain Roll ♥ Yogurt Parfait with WG Pretzels</p> <p>Monday: Jamaican Beef Patty, Tuesday: Mini Chicken Twin Sandwich (Siracha, Teriyaki, Plain), Wednesday: Twin Burger on a Whole Grain Roll, Thursday: Whole Grain Chicken Pizza, Friday: Hot Dog on a Whole Grain Roll</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 every chance we get!
- ♥ All menu items are artificial and trans fat free!

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!