

# June 2017

## Lunch Menu Grades 6 - 12

Allergen and Carbohydrate Information



Monday

Tuesday

Wednesday

Thursday

Friday



			<p>Turkey Pot Roast 0 with gravy 4 Mashed Potatoes 13 S Lightly Steamed Farm Fresh Spinach 5 Scott's Whole Grain Roll 33 SW Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>Sweet Potato Fish Sticks 23 FWS <b>OR</b> Teriyaki Chicken Dippers 8 SW Baby Baker Potatoes with Rosemary 16 Fresh Broccoli and Grape Tomatoes 5 with Low Fat Ranch dip 4 MSE Scott's Whole Grain Roll 33 SW Fruit Choice 15 Milk Choice 13, 19, 20 M</p>
<p>Whole Grain Grilled Cheese Sandwich 32 MSW 100% Fruit Juice 15 Citrus Beet Salad 5 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>Sweet and Sour 11 SW Chicken 15 SW Seasoned Brown Rice 24 Steamed Broccoli 5 Whole Grain Pita Chips 24 W Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>Whole Grain Personal Pizza 29 MSW Fresh Red and Green Peppers Sticks 5 with Low fat Ranch Dip 4 MSE Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>Whole Grain Breaded Chicken Tenders 12 SW Sweet Plantains (Plantanos Dulces) 35 Whole Grain Dinner Roll 16 SW Fresh Romaine Salad with Grape Tomatoes and Cucumber Slices 5 with choice of dressing (see label) Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>Whole Grain Pasta 30 W with Beef Meatballs 5 MSW and Marinara Sauce 10 Roasted Farm Fresh Zucchini 5 Tomato and Cucumber Salad with fresh Basil 5 Whole Grain Breadstick 21 W Fruit Choice 15 Milk Choice 13, 19, 20 M</p>
<p>Whole Grain Pizza 34 MSW Vegetable Juice 13 Broccoli Spears 15 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>Hamburger 2 on Whole Grain Roll 23 SW Lettuce and Sliced Tomato 5 Baked Yucca Sticks 40 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>BBQ 12 W Grilled Chicken Breast 0 on a Whole Grain Roll 23 SW Oven Baked Potato Wedge 21 S Green Beans and Carrots 5 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>All Beef Hot Dog 1 on a Whole Grain Roll 23 SW Homestyle Vegetarian Baked Beans 25 Corn Cobbettes 15 Whole Grain Scooby Doo Snacks 21 SW Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>Whole Grain Baked Popcorn Chicken 15 SW Mixed Vegetables 15 Sweet Potato Wedges 21 S Cheesy Whole Grain Herb Biscuits 28 MSW Fruit Choice 15 Milk Choice 13, 19, 20 M</p>
<p><b>LAST DAY OF SCHOOL</b> Whole Grain Cheezy Bread 30 MSWE Marinara 6 Green beans 5 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>				

Have a Safe and Fun Summer Break!



# Daily Alternatives

- Whole Grain Bagel 38 SW Plate with two of the following: Yogurt 19 M, Cheese Stick 1 M, Sunbutter 7 or Sunflower Seeds 6 S
- Whole Grain Sunbutter Sandwich 33 SW and Sunflowers Seeds 6 S
- Assorted Sandwiches on a Whole Grain Roll 29 SW
- Assorted Salads with Scott's Whole Grain Roll 33 SW
- Black Bean Burger 10 SW on a Whole Grain Roll 29 SW
- Yogurt Parfait 64 MW with Pretzels 15 W

**Monday:** Jamaican Beef Patty 46 SW, **Tuesday:** Mini Chicken Twin Sandwich (Siracha 43 SW, Teriyaki 37 SW, Plain 48 SW), **Wednesday:** Twin Burger on a Whole Grain Roll 36 SW, **Thursday:** Whole Grain Chicken Pizza 27 WM, **Friday:** Hot Dog on a Whole Grain Roll 29 SW



## 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 Grains!
- Locally sourced fresh fruit and veggies are served every chance we get!
- All menu items are artificial trans fat free and nut free!

**Key:** W=Wheat/Gluten, S=Soy, M=Milk/Dairy, E=Egg, F=Fish  
Grams of Carbohydrate are indicated by the number following the menu item

sandwiches • salads • fruits • milk

**Free Summer Meals!**  
**Comidas de Verano Gratis!**

Kids and teens 18 and under  
Niños y adolescentes de 18 años y menos

FOR SITES NEAR YOU, CALL/LLAME **211**  
TEXT **CTmeals** TO **877877**  
[www.CTSummerMeals.org](http://www.CTSummerMeals.org)

**EHC!** **NOKID HUNGRY** **CSDE**

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## Make time for SCHOOL BREAKFAST!

Breakfast is served Daily in ALL our schools!



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

## Remember!

**ALL** meals come with your choice of milk, fruit, and any of the vegetables of the day!



This Institution is an Equal Opportunity Provider