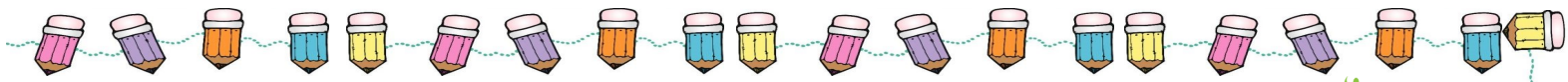


June



LUNCH MENU 6-12



ALLERGEN & CARBOHYDRATE INFORMATION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Whole Grain Fresh Vegetable or Cheese Pizza 34 WM OR Scott's Jamaican Beef Patty 46 WS Crisp Cucumber Slices and Red Pepper Strips 5 with Low Fat Ranch Dip 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 19, 20 M
4 Cherry Blossom Chicken 27 WE Seasoned Brown Rice 23 WSM Steamed Edamame 5 S Farm Fresh Green Beans 5 Whole Grain Egg Roll 22 WSE Fruit Choice 15 Milk Choice 13, 19, 20 M	5 Whole Grain Big Daddy Pizza 34 WSM OR Chicken Burrito 34 WSM Celery and Carrot Sticks 5 with Low Fat Ranch Dressing 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 19, 20 M	6 Whole Grain French Toast Sticks 56 WSE with Syrup 25 Sugar Free Syrup 5 Chicken Sausage Patty 2 HartfordFRESH Homefries 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 19, 20 M	7 Turkey Pot Roast 4 OR Meatloaf 7 WSME Mashed Potatoes 17 SM with Gravy 5 WSME Oven Roasted Cinnamon Butternut Squash 10 Fruit Choice 15 Milk Choice 13, 19, 20 M Whole Grain Dinner Roll 16 WS Whole Grain Treat 19 WS	8 Oven Baked Breaded Chicken Tenders 16 WS Seasoned Brown Rice 23 WSM Green Zucchini and Summer Squash with Diced Red Peppers 5 Steamed Farm Fresh Spinach with Diced Red Peppers 5 Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 19, 20 M
11 Breaded Chicken Breast Chunks 14 WS OR Spicy Breaded Chicken Chunks 14 WS Seasoned Brown Rice 23 WSM Vegetable Medley 5 Whole Grain Corn Muffin 23 WSME Fruit Choice 15 Milk Choice 13, 19, 20 M	12 Hamburger 0 on a Whole Grain Roll 27 WS Lettuce and Sliced Tomato 5 Oven Baked Yucca Sticks 41 Fruit Choice 15 Milk Choice 13, 19, 20 M	13 All Beef Hot Dog 0 on Whole Grain Roll 27 WS OR Buffalo Chicken Pizza 27 WM Vegetarian Baked Beans 30 Carrot Coins 5 Fruit Choice 15 Milk Choice 13, 19, 20 M Pre-K Only: Whole Grain Pizza	14 Breaded Baked Chicken Fillet 14 WS on a Whole Grain Roll 27 WS with BBQ Sauce 16 W Peas 15 Sweet Potato Wedges 31 S Fruit Choice 15 Milk Choice 13, 19, 20 M	15 Whole Grain Cheese Twists 34 WSM with Marinara 5 Celery and Cherry Tomato Cup 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 19, 20 M



18

Galaxy Whole Grain Personal
Pizza 35 WSM
Carrot Coins 5
Vegetable Juice 13
Fruit Choice 15
Milk Choice 13, 19, 20 M



Baby carrots
and low fat dip
are offered
every day!

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

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 Plate 30 WS with two of the following: Yogurt 19 M, Cheese Stick 1 M, Sunbutter 7 or Sunflower Seeds 11 W
- Whole Grain Sunbutter Sandwich 66 WS ● Assorted Sandwiches on a Whole Grain Roll 27 WSM ● Assorted Salads with Scott's Whole Grain Roll 33 WS ● Black Bean Burger 10 WS on a Whole Grain Roll 27 WS ● Yogurt Parfait 83 WMS Whole Grain Pretzels 15 W

**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

