



# LUNCH MENU 6-12



## ALLERGEN & CARBOHYDRATE INFORMATION

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

	1	2	3	4
	Chicken Fajitas 3 WS with Red Onions, Green and Red Peppers 5 Whole Grain Flatbread 26 WSM Fajita Style Brown Rice 23 WS Corn Niblets with Diced Red Peppers 15 Shredded Cheese 1 M and Salsa 3 Fruit Choice 15 Milk Choice 13, 19, 20 M	BBQ 11 W Pulled Pork 0 on a Whole Grain Roll 27 WS OR Teriyaki Chicken Dippers 10 WS Whole Grain Corn Muffin 23 WSME Farm Fresh Broccoli 5 Fruit Choice 15 Milk Choice 13, 19, 20 M Whole Grain Cookie Treat 19 WSME	Oven Roasted Chicken Leg 2 W Whole Grain Arroz Con Gandules 25 WS Tostones 33 S Lettuce Salad with Baby Grape Tomatoes & Shredded Carrots 5 and Choice of Dressing 5 Whole Grain Dinner Roll 16 WS Fruit Choice 15 Milk Choice 13, 19, 20 M	Local Acadian Red Fish 20 FWM with Tartar Sauce 3 WSE OR Whole Grain Turkey Pepperoni and Cheese Pinwheel 28 WSM Baby Baked Potatoes 17 S Steamed Edamame 5 S Citrus Beet Salad 5 Scott's Whole Grain Roll 33 WSM Fruit Choice 15 Milk Choice 13, 19, 20 M
7	8	9	10	11
Baked Breaded Popcorn Chicken 15 WS Green Beans 5 Cross Trax Sweet Potatoes 23 S Whole Grain Cheesy Herb Biscuit 28 WSM Fruit Choice 15 Milk Choice 13, 19, 20 M	Hamburger 0 on a Whole Grain Roll 27 WS Lettuce and Sliced Tomato 5 OR Spicy Chicken Specialty Salad 14 WS Oven Baked Yucca Sticks 25 S Fruit Choice 15 Milk Choice 13, 19, 20 M	Cherry Blossom Chicken 27 WE Seasoned Brown Rice 18 Steamed Edamame 5 S Broccoli Florettes 5 Whole Grain Egg Roll 22 WSE Fruit Choice 15 Milk Choice 13, 19, 20 M	Salisbury Steak 5 WSM with Mashed Potatoes 17 SM and Gravy 5 WSME OR Crispy Chicken Specialty Salad 19 WS Rainbow Swiss Chard 5 Whole Grain Garlic Toast 15 WSM Fruit Choice 15 Milk Choice 13, 19, 20 M Whole Grain Cinnamon Goldfish	Totally Taco Whole Grain Bites 30 WMS OR Beef and Cheese Taco 30 WMS Corn Niblets 15 Lime Cilantro Black Beans 15 WS Fruit Choice 15 Milk Choice 13, 19, 20 M
14	15	16	17	18
Cheese Enchiladas with Mild Sauce 26 M OR Whole Grain Beef Coco Bite 33 WS Corn Niblets with Diced Red Peppers 15 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 19, 20 M	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 Warm Apple Stick 38 WS	EARLY RELEASE Whole Grain Garlic French Bread Pizza 33 WSM OR Breaded Chicken Fillet 14 WS Specialty Salad 5 Rainbow Veggie Sticks 5 with Low Fat Ranch Dip 5 WSME Fruit Choice 15 Milk Choice 13, 19, 20 M	Baked Breaded Chicken Drumstick 5 W Macaroni and Cheese 18 WME Farm Fresh Collard Greens 5 Cucumber Slices and Baby Grape Tomatoes 5 with Low Fat Ranch Dip 5 WSME Whole Grain Corn Muffin 23 WSME Fruit Choice 15 Milk Choice 13, 19, 20 M	Scott's Jamaican Beef Patty 46 WS OR Whole Grain Turkey Pinwheel 28 WSM Curried Cabbage 5 100% Fruit Juice 15 Fruit Choice 15 Milk Choice 13, 19, 20 M



<p>21</p> <p>Whole Grain Philly Steak and Cheese Pinwheel 33 WSM OR Beef and Cheese Taco Stick 30 WSM Tex Mex Bean Salad with Fresh Cilantro and Cumin 20 Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>22</p> <p>Oven Baked Pork Choppette 11 WS OR Teriyaki Chicken Dippers 10 WS Seasoned Cilantro Lime Brown Rice 23 WSM Farm Fresh Green Beans 5 Scott's Whole Grain Roll 33 WSM Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>23</p> <p>Whole Grain Cheese Quesadilla 42 WSM Broccoli Florets 5 Arugula and Grape Tomato Salad 5 with Choice of Dressing 100% Fruit Juice 15 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>24</p> <p>Whole Grain Pasta 39 WE with Beef Meatballs 4 M and Marinara Sauce 10 OR Meatball 4 M Sub 32 WS with Cheese 1 S and Roasted Red Peppers 5 Green Zucchini and Summer Squash with Diced Red Peppers 5 Whole Grain Breadstick 21 WS Fruit Choice 15</p>	<p>25</p> <p>Grilled Chicken 0 on a Whole Grain Roll 27 WS OR Spicy Chicken 1 WS on a Whole Grain Roll 27 WS Lettuce and Tomato 5 Cross Trax Baked Sweet Potatoes 23 S Fruit Choice 15 Milk Choice 13, 19, 20 M</p>
<p>28</p> <p>MEMORIAL DAY NO SCHOOL</p>	<p>29</p> <p>Baked Breaded Chicken 14 WS and Whole Grain Waffles 38 WSME with Smart Balance Margarine 0 S and Syrup 25 Sugar Free Syrup 5 Fresh Veggie Sticks 5 and Low Fat Ranch Dip 5 WSME Vegetable Juice 13 Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>30</p> <p>Turkey Taco Meat 3 S and Taco Chips 26 Fiesta Beans Salad/Ensalada Cubana with Fresh Cilantro 15 Fajita Style Brown Rice 20 WS Shredded Lettuce and Tomato 5 Shredded Cheese 1 S Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	<p>31</p> <p>Hamburger 0 on a Whole Grain Roll 27 WS Lettuce and Sliced Tomato 5 OR Spicy Chicken Specialty Salad 14 WS Oven Baked Yucca Sticks 25 S Fruit Choice 15 Milk Choice 13, 19, 20 M</p>	 <p><b>Baby carrots and low fat dip are offered every day!</b></p>

**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 WSM ● 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**

