

March

MONDAY

TUESDAY

LUNCH MENU GRADES 6-12

WEDNESDAY

THURSDAY



Where the future is present.

FRIDAY

			1	2
			Whole Grain Pasta with Beef Meatballs and Marinara Sauce OR Meatball Sub with Cheese and Roasted Red Peppers Green Zucchini and Summer Squash with Diced Red Peppers Whole Grain Breadstick Fruit Choice	Grilled Chicken on a Whole Grain Roll OR Spicy Chicken on a Whole Grain Roll Lettuce and Tomato Cross Trax Baked Sweet Potatoes Fruit Choice Milk Choice
5	6	7	8	9
Galaxy Whole Grain Personal Pizza OR Mini Twin Chicken Sandwiches on Whole Grain Rolls Carrot Sticks and Celery Sticks with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice	Baked Breaded Chicken and Whole Grain Waffles with Smart Balance Margarine and Syrup Fresh Veggie Sticks and Ranch Dip Vegetable Juice Fruit Choice Milk Choice	Oven Baked Breaded Chicken Tenders Cilantro Lime Brown Rice and Quinoa Oven Roasted Cinnamon Butternut Squash Steamed Farm Fresh Spinach with Diced Red Peppers Fruit Choice Milk Choice	Hamburger on a Whole Grain Roll OR Spicy Chicken Specialty Salad Lettuce and Sliced Tomato Oven Baked Yucca Sticks Fruit Choice Milk Choice	Turkey Taco Meat and Taco Chips Fiesta Beans Salad/Ensalada Cubana with Fresh Cilantro Fajita Style Brown Rice Shredded Lettuce and Tomato Shredded Cheese Fruit Choice Milk Choice
12	13	14	15	16
Cherry Blossom Chicken Seasoned Brown Rice Steamed Edamame Broccoli Florets Whole Grain Egg Roll Fruit Choice Milk Choice	All Beef Hot Dog on Whole Grain Roll OR Buffalo Chicken Pizza Vegetarian Baked Beans Carrot Coins Fruit Choice Milk Choice Pre-K Only: Whole Grain Pizza	Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty HartfordFRESH Homefries Vegetable Juice Fruit Choice Milk Choice	Turkey Pot Roast Mashed Potatoes with Gravy Oven Roasted Cinnamon Butternut Squash Fruit Choice Milk Choice Warm Apple Stick	Whole Grain Fresh Vegetable or Cheese Stuffed Crust Pizza OR Scott's Jamaican Beef Patty Crisp Cucumber Slices and Red Pepper Strips with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice Whole Grain Holiday Cookie Treat

19	20	21	22	23
Whole Grain Cheese Twists with Marinara OR Cheeseburger Pizza Minestrone Soup Celery and Cherry Tomato Cup with Low Fat Ranch Dip Fruit Choice Milk Choice	Chicken Fajitas with Red Onions, Green and Red Peppers Whole Grain Flatbread Fajita Style Brown Rice Corn Niblets with Diced Red Peppers Shredded Cheese and Salsa Fruit Choice Milk Choice	BBQ Pulled Pork on a Whole Grain Roll OR Teriyaki Chicken Dippers Whole Grain Corn Muffin Farm Fresh Broccoli Fruit Choice Milk Choice Whole Grain Treat	Oven Roasted Chicken Leg Whole Grain Arroz Con Gandules Platanos Dulces/Ripe Plantains Kale Salad with Baby Grape Tomatoes and Shredded Carrots and Choice of Dressing Whole Grain Dinner Roll Fruit Choice Milk Choice	Sweet Potato Fish Sticks with Tartar Sauce OR Whole Grain Turkey Pepperoni and Cheese Pinwheel Oven Baked Potato Wedges Steamed Edamame Citrus Beet Salad Scott's Whole Grain Dinner Roll Fruit Choice Milk Choice
26	27	28	29	30
Baked Breaded Popcorn Chicken Czajkowski Vegetable Medley Cross Trax Sweet Potatoes Whole Grain Cheesy Herb Biscuit Fruit Choice Milk Choice	Whole Grain Big Daddy Pizza OR Chicken Burrito Celery and Carrot Sticks with Low Fat Ranch Dressing Vegetable Juice Fruit Choice Milk Choice	Breaded Chicken Breast Chunks OR Spicy Breaded Chicken Chunks Cilantro Lime Seasoned Brown Rice and Quinoa Farm Fresh Green Beans Whole Grain Corn Muffin Fruit Choice Milk Choice	Salisbury Steak with Mashed Potatoes and Gravy OR Crispy Chicken Specialty Salad Rainbow Swiss Chard Whole Grain Garlic Toast Fruit Choice Milk Choice Whole Grain Cinnamon Goldfish	GOOD FRIDAY NO SCHOOL

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!

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

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!

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

This Is An Equal Opportunity Institution