







	Monday	1	Tuesday	2	Wednesday	3	Thursday	4	Friday	5
 <p>Unique and highly Flavored dishes Served in a "bowl"</p>	<p>Classic Mac-n-Cheese 🌱</p> <p>Garlic and Oil Sautéed Broccoli</p> <p>Dinner Roll 🍷</p>		<p>Chicken Fajitas (seasoned chicken, peppers and onions in flour tortillas 🍷)</p> <p>Toppings include: Salsa, Shredded Lettuce, Cheddar and Sour Cream</p>		<p><u>Carving Station</u></p> <p>Slow Roasted Cuban Rubbed Pork Loin</p> <p>Fiesta Rice 🍷</p> <p>Steamed Corn and Bell Peppers</p>		<p>Crispy Oven Fried Chicken</p> <p>Fresh Slaw</p> <p>Buttermilk Biscuits</p>		<p>Baked Barilla Plus Penne Bolognese</p> <p>Garlic and Oil Rubbed Flatbread</p>	


 <p>Italian Specialties And Flatbreads</p>	<p><u>Today's Special</u></p> <p>Fresh Tomato and Black Olives</p> <p>Pizza 🍷</p> <p>Cheese Pizza Available Daily! 🍷</p>	<p><u>Today's Special</u></p> <p>Mac n' Cheese Flatbread 🍷</p> <p>Cheese Pizza Available Daily! 🍷</p>	<p><u>Today's Special</u></p> <p>Pepperoni Pizza 🍷</p> <p>Cheese Pizza Available Daily! 🍷</p>	<p><u>Today's Special</u></p> <p>Margherita Flatbread 🌱</p> <p>Cheese Pizza Available Daily! 🍷</p>	<p><u>Today's Special</u></p> <p>Buffalo Chicken Pizza 🍷</p> <p>Cheese Pizza Available Daily! 🍷</p>
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	<p>Hot Pressed South of the Border Favorites Available Daily 🍷</p> <p>Cheese, Chicken and Vegetable Quesadillas</p> <p>Chicken n' Black Bean Burritos and Spicy Chicken Crunch Wraps</p>				
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 <p>Hot grab and go Sandwiches</p>	<p><u>Today's Special</u></p> <p>Honey Mustard Chicken Wrap 🍷</p> <p>Cheeseburgers available daily! 🍷</p>	<p><u>Today's Special</u></p> <p>Turkey and Cheese Bagel Melt 🍷</p> <p>Cheeseburgers available daily! 🍷</p>	<p><u>Today's Special</u></p> <p>Grilled Chicken Reuben 🍷</p> <p>Cheeseburgers available daily! 🍷</p>	<p><u>Today's Special</u></p> <p>Chicken Ranchero Wrap 🍷</p> <p>Cheeseburgers available daily! 🍷</p>	<p><u>Today's Special</u></p> <p>Chipotle Cheeseburger Melt 🍷</p> <p>Cheeseburgers available daily! 🍷</p>
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	<p>Made to order Boars Head sandwiches every day!</p> <p>Choices include: Turkey, Ham, Roast Beef, Tuna Salad (Dolphin Safe, Light Tuna packed in water), Chicken Salad, Chicken Cutlets, Natural Cheese & Veggies; Choice of Breads, Rolls, and Wraps 🍷</p>				
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	<p>Build your own Salad every day!</p> <p>Choices include: Romaine Lettuce, Assorted Fresh Vegetables, Lean Protein Choices and Natural Cheese, Choice of Assorted Salad Dressings, Complete the meal with a Dinner Roll 🍷, Fresh Fruit Selection and Milk</p>				
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 <p>Tossed Salads</p>	<p>Out of the Ordinary Daily Specialty Salad Tossed to Order!</p> <p>Mixed Greens, Dried and Fresh Fruits, Cheeses, Toasted Nuts and House-made Dressings</p> <p>Choose Your Topping: Grilled Chicken, Pan Seared Tofu or Frittata of the Day</p> <p>Complete the meal with a Dinner Roll 🍷, Fresh Fruit & Milk</p>				
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	<p>"Outtakes"</p> <p>Daily Assorted Pre-packaged Salad and Sandwich Meals, 🌱 Balanced Choices Option Available</p>				
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🍷 Contains whole grains 🌱 Meat Free Option

Meals include entrée, choice of 1% white, skim milk, or ½% chocolate milk (antibiotic and hormone-free), and unlimited* fresh, regionally** grown fruits and vegetables.

*(Excludes potatoes) **Regionally grown when available.

Student Lunch price: \$3.50 • Reduced meal price: \$0.40


• Milk price: \$0.60 • Adult Lunch price: \$3.75



 To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit. (Excludes potatoes)


Questions? Please call Andre Santelli (Food Service Director) 203-291-1438 or Jill Patterson, RD (Registered Dietitian) 203-270-6117



 Refreshing Cold Beverages, Milk and 100% juice.



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	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
 <p>Unique and highly Flavored dishes Served in a "bowl"</p>	<p>Barilla Plus Penne with Grilled Chicken and Broccoli tossed in Garlic and Oil</p> <p>Cheesy Garlic Bread 🍷</p>	<p>Taco Bar (Toppings Include: Salsa, Shredded Lettuce, Cheddar Cheese and Sour Cream)</p> <p>Cilantro Lime Rice 🍷</p>	<p><u>Carving Station</u> Cantonese Roast Pork Loin</p> <p>Spicy Veggie Fried Rice 🍷</p>	<p>Classic Chicken Parmesan</p> <p>Sauteed Broccoli</p> <p>Dinner Roll 🍷</p>	<p>Chicken Lo Mein</p> <p>Wok Seared Mixed Vegetables</p> <p>Vegetable Eggroll</p>


 <p>Italian Specialties And Flatbreads</p>	<p><i>Today's Special</i> Baked Ziti Pizza 🍷🌱</p> <p>Cheese Pizza Available Daily! 🍷</p>	<p><i>Today's Special</i> Chicken Fajita Flatbread 🍷</p> <p>Cheese Pizza Available Daily! 🍷</p>	<p><i>Today's Special</i> Ham and Cheddar Flatbread 🌱</p> <p>Cheese Pizza Available Daily! 🍷</p>	<p><i>Today's Special</i> Margherita Pizza 🌱</p> <p>Cheese Pizza Available Daily! 🍷</p>	<p><i>Today's Special</i> Pepperoni Pizza 🍷</p> <p>Cheese Pizza Available Daily! 🍷</p>
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	<p>Hot Pressed South of the Border Favorites Available Daily 🍷 Cheese, Chicken and Vegetable Quesadillas Chicken n' Black Bean Burritos and Spicy Chicken Crunch Wraps</p>				
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 <p>Hot grab and go Sandwiches</p>	<p><i>Today's Special</i> Pesto Chicken Panini 🍷</p> <p>Cheeseburgers available daily! 🍷</p>	<p><i>Today's Special</i> Fiesta Patty Melt 🍷</p> <p>Cheeseburgers available daily! 🍷</p>	<p><i>Today's Special</i> Arizona Chicken Panini 🍷</p> <p>Cheeseburgers available daily! 🍷</p>	<p><i>Today's Special</i> Sicilian Panini 🍷</p> <p>Cheeseburgers available daily! 🍷</p>	<p><i>Today's Special</i> Chicken Parm Wrap 🍷</p> <p>Cheeseburgers available daily! 🍷</p>
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	<p>Made to order Boars Head sandwiches every day! Choices include: Turkey, Ham, Roast Beef, Tuna Salad (Dolphin Safe, Light Tuna packed in water), Chicken Salad, Chicken Cutlets, Natural Cheese & Veggies; Choice of Breads, Rolls, and Wraps 🍷</p>				
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	<p>Build your own Salad every day! Choices include: Romaine Lettuce, Assorted Fresh Vegetables, Lean Protein Choices and Natural Cheese, Choice of Assorted Salad Dressings, Complete the meal with a Dinner Roll 🍷, Fresh Fruit Selection and Milk</p>				
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 <p>Tossed Salads</p>	<p>Out of the Ordinary Daily Specialty Salad Tossed to Order! Mixed Greens, Dried and Fresh Fruits, Cheeses, Toasted Nuts and House-made Dressings Choose Your Topping: Grilled Chicken, Pan Seared Tofu or Frittata of the Day Complete the meal with a Dinner Roll 🍷, Fresh Fruit & Milk</p>				
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	<p>"Outtakes" Daily Assorted Pre-packaged Salad and Sandwich Meals, 🌱 Balanced Choices Option Available</p>				
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🍷 Contains whole grains 🌱 Meat Free Option
Meals include entrée, choice of 1% white, skim milk, or ½% chocolate milk (antibiotic and hormone-free), and unlimited* fresh, regionally** grown fruits and vegetables.
*(Excludes potatoes) **Regionally grown when available.
Student Lunch price: \$3.50 • Reduced meal price: \$0.40
• Milk price: \$0.60 • Adult Lunch price: \$3.75


 To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit. (Excludes potatoes)


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 Refreshing Cold Beverages, Milk and 100% juice.


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	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
 Unique and highly Flavored dishes Served in a "bowl"	Baked Stuffed Shells (Ricotta Cheese Stuffed Shells with House Made Marinara Sauce and Melted Mozzarella) Warm Garlic Bread	Chipotle Lime Hard Shell Chicken Tacos Steamed Corn and Bell Peppers	FLEXITARIAN Omelet Station <i>Have an omelet prepared to your liking!</i> <i>Served with a mini bagel</i>	Chicken and Sausage Paella Sautéed Zucchini with Garlic Dinner Roll	Spaghetti and Meatballs Sautéed Broccoli with Garlic Dinner Roll


 Italian Specialties And Flatbreads	Today's Special Pizza Bagels Cheese Pizza Available Daily!	Today's Special Grilled Chicken Flatbread Cheese Pizza Available Daily!	Today's Special Pepperoni Pizza Cheese Pizza Available Daily!	Today's Special Sausage Flatbread Cheese Pizza Available Daily!	Today's Special Fresh Tomato and Basil Pizza Cheese Pizza Available Daily!
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 **Hot Pressed South of the Border Favorites Available Daily!**
Cheese, Chicken and Vegetable Quesadillas
Chicken n' Black Bean Burritos and Spicy Chicken Crunch Wraps



 Hot grab and go Sandwiches	Today's Special Honey Mustard Turkey and Cheddar Bagel Cheeseburgers available daily!	Today's Special Buffalo Chicken Wrap Cheeseburgers available daily!	Today's Special Cordon Bleu Panini Cheeseburgers available daily!	Today's Special Triple Decker Turkey Club Cheeseburgers available daily!	Today's Special Chipotle Cheeseburger Melt Cheeseburgers available daily!
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 **Made to order Boars Head sandwiches every day!**
Choices include: Turkey, Ham, Roast Beef, Tuna Salad (Dolphin Safe, Light Tuna packed in water), Chicken Salad, Chicken Cutlets, Natural Cheese & Veggies; Choice of Breads, Rolls, and Wraps

 **Build your own Salad every day!**
Choices include: Romaine Lettuce, Assorted Fresh Vegetables, Lean Protein Choices and Natural Cheese, Choice of Assorted Salad Dressings, Complete the meal with a Dinner Roll, Fresh Fruit Selection and Milk

 **Out of the Ordinary Daily Specialty Salad Tossed to Order!**
Mixed Greens, Dried and Fresh Fruits, Cheeses, Toasted Nuts and House-made Dressings
Choose Your Topping: Grilled Chicken, Pan Seared Tofu or Frittata of the Day
Complete the meal with a Dinner Roll, Fresh Fruit & Milk

 **"Outtakes"**
Daily Assorted Pre-packaged Salad and Sandwich Meals, Balanced Choices Option Available

 **Contains whole grains**  **Meat Free Option**
Meals include entrée, choice of 1% white, skim milk, or ½% chocolate milk (antibiotic and hormone-free), and unlimited* fresh, regionally** grown fruits and vegetables.
*(Excludes potatoes) **Regionally grown when available.
Student Lunch price: \$3.50 • Reduced meal price: \$0.40
• Milk price: \$0.60 • Adult Lunch price: \$3.75

 To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit. (Excludes potatoes)
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