


Carving Station

	Monday	Tuesday	Wednesday	Thursday	Friday
 Unique and highly flavored dishes.	1 <b>Turkey Hot Dog on a Bun</b> Oven Baked French Fries Steamed Peas and Carrots Apple Sauce	2 <b>French Toast Sticks</b> House-Made Fruit Topping Turkey Sausage Oven Baked Potatoes	3 <b>Meatloaf Classic Mashed Potatoes and Gravy</b> Mixed Vegetables Dinner Roll	4 <b>Classic Mac-n-Cheese</b> Oven Roasted Vegetables Dinner Roll <i>Mini Smoothie! Made with organic yogurt and fruit. (included with the meal)</i>	5 <b>Chicken and Cheese Quesadillas</b> Warm Mexican Corn Salad
	8 <b>Barilla Plus Spaghetti and Meatballs</b> Sautéed Broccoli Warm Garlic Bread	9 <b>Orange Peel Chicken</b> Fried Brown Rice Vegetable Eggroll	10 <b>Oven Roasted Turkey</b> Stuffing Buttered Green Beans and Bell Pepper	11 <b>Chicken Lo Mein</b> (Sliced Chicken, Wok Seared Mixed Vegetables and Noodles) Vegetable Eggroll	12 <b>Chicken and Cheese Enchiladas</b> Cilantro Lime Roasted Corn
	15 Recess No School	16 Recess No School	17 Recess No School	18 Recess No School	19 Recess No School
	22 <b>Chipotle Lime Hard Shell Chicken Tacos</b> Warm Cilantro Lime Rice Salad with Corn	23 <b>Barilla Plus Spaghetti and Meatballs</b> Buttered Peas and Carrots Warm Garlic Bread	24 <i>Soup and a Sandwich</i> <b>Three Cheese Melt with a Vegetable Soup</b> Mediterranean Chickpea Salad BE A FLEXITARIAN TODAY!	25 <b>Baked Stuffed Shells</b> Warm Cheesy Garlic Bread <i>Mini Smoothie! Made with organic yogurt and fruit. (included with the meal)</i>	26 <b>French Toast Sticks</b> House-Made Fruit Topping, Turkey Sausage Oven Baked Potatoes



Available Monday, Wednesday and Friday

Fresh Baked Cheese Pizza and Specialty Pizzas

Monday's Special: French Bread  
 Pizza

Wednesday's Special: Pepperoni Pizza  
 Cheese Pizza always available

Friday's Special: Pizza Dunkers  
 Cheese Pizza always available



Available Tuesdays & Thursdays

Hamburgers, Cheeseburgers, Grilled Chicken & Crispy Chicken Sandwiches



Salad Bar

Build your own Salad every day!

Choices include: Romaine Lettuce, Assorted Fresh Vegetables, Lean Protein Choices and Natural Cheese: Choice of Assorted Salad Dressings  
 Dinner Roll, Fresh Fruit Selection, Low-Fat Milk



*Daily Pre-packaged meals*  
 A Selection of freshly made sandwiches and salads created with Boar's Head deli meats, natural cheese, fresh romaine lettuce, and tomato on assorted breads and wraps.  
 Stonyfield Organic Yogurt and Parfaits

Contains whole grains Meat Free Option  
 Balanced Choice

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

\* (Excludes potatoes) \*\* Regionally grown when available.  
 Student Lunch price: \$2.75 • 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)



Refreshing cold beverages including low fat and skim milk, bottled water, and 100% juices.

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

