

Monday Tuesday Wednesday Thursday Friday

Alternate Lunch Options
Offered Daily:

Charcuterie Lunch 33g

Whole Wheat Bagel 30g
or Cereal 21-24g
Yogurt 19g

Yogurt Parfait w/
Homemade Granola 74g

Chef Salad w/Flat Bread
28g

Sunbutter w/ Jelly on
Whole Wheat Bread 51g

or
Sandwich of the Week

Week 1
Ham & Cheese on Whole
Wheat 25g

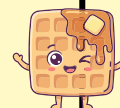
Week 2
Turkey & Cheese on Whole
Wheat 25g

Week 3
Tuna on Whole Wheat 24g

Week 4
Chicken Wrap 47g

Week 5
Turkey & Cheese on Whole
Wheat 25g

ALL MEALS COME WITH
FLAVORED FAT FREE OR 1%
MILK AND OUR RAINBOW FRUIT
& VEGGIE TRAY

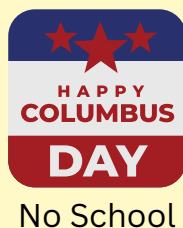


Chicken + Waffles
Baked Chicken
Tenders 13g
Warm Waffle 12g
Roasted Butternut
Squash 10g

Personal Pizza 30g
(Plain or Pepperoni)
Kale Salad 3g



CT Grown For CT Kids Week - See Next Page for Details



Baked Chicken 13g
Patty on Whole
Grain Bun 28g

Oven Baked
Crinkle Fries 15g



Taco Tuesday
Corn Tacos 18g
Seasoned Beef 4g
Lettuce, Tomato,
Cheese, Salsa
Golden Corn 15g



Baked Mozzarella
Sticks 33g
w/Marinara Sauce 4g
Roasted Zucchini 3g

Mini Cheese Ravioli
32g
Marinara Sauce 4g
w/Garlic Breadstick
16g
Tossed Salad 3g



Asian Chicken 19g
Brown Rice 35g
Broccoli 3g

Early Dismissal
Cheese Quesadilla
39g
w/Salsa
Refried Beans 24g

Baked Popcorn
Chicken 20g
Texas Toast 14g
Roasted Local
Carrots 3g

Pizza 30-35g
Caesar Salad 5g



Stuffed Crust Pizza
35g
Arugula Salad 3g



Pizza Bagel 35g
Tossed Salad 3g



Happy Halloween
Batty Nuggets 16g
Goblin Green Beans 3g
Boo Breadstick 16g
Mummy Milk 13-18g

Spooky Treat 22g

BREAKFAST
IS FREE FOR
ALL
STUDENTS

3rd Week in
October is
National
School
Lunch Week!



Monday



Grilled Chicken Breast
on Kaiser Roll 30g
w/Lettuce/Tomato
Ranch Dressing

Local Delicata Squash
10g
(Desantis Farm)

Rogers Orchards
Local Apples & Pears
15-25g
Apple Cider 15g



Tuesday



Breakfast For Lunch
Pancake Puffs 33g
Sausage Patties
Baked Potato Puffs
15g

Rogers Orchards
Local Apples & Pears
15-25g
Apple Cider 15g

Wednesday



Nachos
Pan De Oro Tortilla
Chips 30g From
Hartford
Seasoned Beef 4g
Locally Made Salsa
(Massaro Community Farm)
Golden Corn 15g

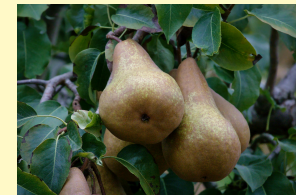
Rogers Orchards
Local Apples & Pears
15-25g
Apple Cider 15g

Thursday



Hamburger or
Cheeseburger on a
Whole Grain Bun 28g
Oven Crinkle Fries 15g

Rogers Orchards
Local Apples & Pears
15-25g
Apple Cider 15g



Friday



Brian's Fabulous Fry
Bread 26g
(Torrington) w/ or w/o
Local Marinara Sauce
(Desantis Farm)
Shredded Cheddar

Tossed Salad w/**Local**
Lettuce 3g

Rogers Orchards
Local Apples & Pears
15-25g
Apple Cider 15g





CARBOHYDRATE COUNTING GUIDE



Grams of
Carbohydrates
are in Red

Grams of Carbohydrates are in RED. All Meals include your choice of Milk, Fruit and any Vegetables for the Day!

Bananas 15g, Oranges 15g, Apples & Pears 15-25g, 1/2C of Peaches, Grapes, Mixed Fruit 15g, Unsweetened Apple Sauce 12g, 1/2C of Black Beans, Garbanzo Beans 20g, 1/2C of Corn, Peas 15g, 1/2C of Red Peppers, Carrots, Celery, Cucumbers 3g

1 Packet of Syrup 18g

Milk Choices Unflavored 13g, Strawberry 18g, Chocolate 18g

Grams of Carbohydrates in Condiments Packets: Ketchup 3g, Package of Ken's Ranch 2g, Package of Ken's Lite Balsamic 4g, Flavor Fresh Ranch 2g, Flavor Fresh Italian 2g, Salad Fresh Ranch 0g, Salad Fresh Mayonnaise 0g, Flavor Fresh Mustard 0g

