



Menu items are subject to change without notice
 This institution is an equal opportunity provider and employer.

Lunch offerings include an entrée, whole grain items, fresh and cooked veggies, fresh and canned fruit, low fat white or non-fat chocolate milk at every meal. Students may take three, four or five of these items, but they must choose at least ½ cup of fruits or veggies and 2 full servings of the other food components. Fresh baby carrots and hummus are available every day as a vegetable choice. Ketchup and mustard are available when applicable.
Help Wanted: Nutrition Services is accepting applications for part time workers. Great hours for parents!
Contact Nutrition Service Office for more info: 860-253-6509

Monday

Tuesday

Wednesday

Thursday

Friday



Pasta Day Your Way! 1
 Pasta Meat Sauce
 Tossed Salad with Italian Dressing
 Grated Cheese Green Beans
 Whole Wheat Dinner Roll
 Choice of Fruit

Meatball Sub Day! 2
 Meatballs and Sauce
 Grinder Roll, Grated Mozzarella Cheese
 Oven Baked French Fries
 Mixed Vegetables
 Choice of Fruit

The "MAX" Pizza 3
 Cheesy Pizza Square
 Oven Baked Potato Puffs
 Steamy Broccoli Spears
 Choice of Fruit

This Chicken is Popping! 6
 Breaded Popcorn Chicken
 Oven Baked French Fries
 Whole Wheat Dinner Roll
 Corn off the Cob
 Choice of Fruit

NO HOT LUNCH 7
(pre-paid Pizza Lunch)

Pasta Day Your Way! 8
 Pasta Meat Sauce
 Tossed Salad with Italian Dressing
 Grated Cheese Green Beans
 Whole Wheat Dinner Roll
 Choice of Fruit

It's a Wrap-Mexican Style 9
 Seasoned Chicken Fajita Strips
 Shredded Cheddar Cheese, Lettuce Cup
 Spicy Salsa Spanish Brown Rice
 Refried Beans
 100% Juice Sherbet or Fruit Cup



Oven Crispy Nuggets! 13
 Breaded Chicken Nuggets
 Oven Baked French Fries
 Whole Wheat Dinner Roll
 Corn off the Cob
 Choice of Fruit

Where's the Beef? 14
 Whole Wheat Bun
 Hamburger, American Cheese
 Oven Baked Potato Puffs
 Honey Baked Beans
 Choice of Fruit

Pasta Day Your Way! 15
 Pasta Meat Sauce
 Tossed Salad with Italian Dressing
 Grated Cheese Green Beans
 Whole Wheat Dinner Roll
 Choice of Fruit

School Thanksgiving Dinner 16
 Turkey and Gravy
 Mashed Potatoes
 Sweet Peas
 Whole Wheat Dinner Roll
 Choice of Fruit

Crisp from the Oven! 17
 Breaded Mozzarella Sticks
 Marinara Sauce
 Oven Baked French Fries
 Steamy Broccoli Spears
 Whole Wheat Dinner Roll
 Choice of Fruit

Chicken Teriyaki Nuggets 20
 Oriental Rice
 Whole Wheat Dinner Roll
 Corn off the Cob
 Crunchy Carrots/Hummus
 Fortune Cookie
 Choice of Fruit

It's Breakfast for Lunch! 21
MINI Maple Waffles
 Breakfast Sausage Link
 Oven Baked Potato Puffs
 Cooked Carrots
 Choice of Fruit

NO HOT LUNCH 22
(must bring in a bagged lunch)



NO SCHOOL 24
THANKSGIVING BREAK

Ballpark Frank! 27
 Hotdog (Turkey) in a Bun
 Oven Baked French Fries
 Corn off the Cob
 Choice of Fruit

Golden Baked Chicken Pattie 28
 Chicken Pattie /Cheese
 Whole Wheat Bun
 Sweet Peas
 Oven Baked Potato Puffs
 Choice of Fruit

Pasta Day Your Way! 29
 Pasta Meat Sauce
 Tossed Salad with Italian Dressing
 Grated Cheese Green Beans
 Whole Wheat Dinner Roll
 Choice of Fruit

Mexican Taco Salad! 30
 Taco Chips & Taco Meat
 Cheddar Cheese Lettuce Cup
 Spicy Salsa Spanish Brown Rice
 Refried Beans
 100% Juice Sherbet or Fruit Cup

Grilled to Perfection Dec. 1
 Grilled Cheese Sandwich
 Hot Tomato Soup, Crackers
 Steamy Broccoli Spears
 Crisp Cucumber Slices
 Choice of Fruit