

Lunch Price: 6-8 only \$2.25

Breakfast Price: 6-8 only \$1.00

Save the hassle of remembering to give your child lunch money each day-prepay online or at school! **Set up an online account at: [myschoolbucks.com](http://myschoolbucks.com)**

*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 flavored 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 vegetables are available every day as a vegetable choice. 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 and substitutes.*

**Great hours for parents!** *Contact Nutrition Service Office for more info: 860-253-6509*

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Golden Baked Chicken Pattie! Jan. 28

Chicken Pattie /Cheese  
Whole Wheat Bun  
Oven Baked French Fries  
Corn off the Cob  
Choice of Fruit

### This Lunch is Twisted! Jan. 29

*It's back due to student request!*  
Big Soft Twisted Pretzel  
Stringy Mozzarella Sticks  
Oven Baked Potato Puffs  
Crunchy Carrots/Hummus  
Choice of Fruit

### Pasta Day Your Way! Jan. 30

Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

### Thanksgiving in January! Jan. 31

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

### My Fav- Mac and Cheese! 1

Macaroni and Cheese  
Sweet Potato Fries  
Steamy Broccoli Spears  
Whole Wheat Dinner Roll  
Choice of Fruit

### Oven Crispy Nuggets! 4

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

### These Dogs are Corny! 5

Corn Dog (Turkey) Nuggets  
Oven Baked Potato Puffs  
Cooked Carrots  
Whole Wheat Roll  
Choice of Fruit

### Pasta Day Your Way! 6

Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

### Mexican Taco Salad! 7

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

### Crisp from the Oven! 8

Breaded Mozzarella Sticks  
Marinara Sauce  
Oven Baked French Fries  
Steamy Broccoli Spears  
Whole Wheat Dinner Roll / Fruit

### Chicken Teriyaki Nuggets! 11

Teriyaki Chicken Nuggets  
Oriental Rice  
Corn off the Cob, Baby Carrots  
Whole Wheat Dinner Roll  
Fortune Cookie Choice of Fruit

### Hamburger Bar is Back! 12

Beef Hamburger/Cheese  
Whole Wheat Bun Choice of: onions,  
Peppers, Jalapenos, Mushrooms  
Choice of Potato  
Honey Baked Beans  
Choice of Fruit

### Pasta Day Your Way! 13

Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

### It's Breakfast for Lunch! 14

**MINI** Maple Waffles  
Breakfast Sausage Link  
Oven Baked Potato Puffs  
Cooked Carrots  
Choice of Fruit

### NO SCHOOL 15

**\*\*Please monitor your child's meal account to make sure there are enough funds to purchase a meal. Set up an account & view for free @ [myschoolbucks.com](http://myschoolbucks.com)**

### NO SCHOOL 18



### NO SCHOOL 19

**\*\*Reminder:  
Grab and Go Breakfast is offered before the school day starts at all schools every school day!**

### Pasta Day Your Way! 20

Pasta Meat Sauce  
Tossed Salad with Italian Dressing  
Grated Cheese Green Beans  
Whole Wheat Dinner Roll  
Choice of Fruit

### Meatball Sub Day! 21

Meatballs and Sauce  
Grinder Roll, Grated Mozzarella Cheese  
Oven Baked French Fries  
Mixed Vegetables  
Choice of Fruit

### Baked Potato Bar! 22

Choice of Red & Green Peppers  
Onions, Cheese, Beef Taco Meat  
Broccoli, Salsa  
Whole Wheat Dinner Roll  
Choice of Fruit

### Golden Baked Chicken Pattie 25

Chicken Pattie /Cheese  
Whole Wheat Bun  
Corn off the Cob  
Oven Baked French Fries  
Choice of Fruit

### Loaded Ballpark Frank! 26

Hot Dog (Turkey) in a Bun  
Choice of toppings: onions, sauerkraut,  
peppers – hot or sweet  
Honey Baked Beans  
Choice of Potato, Choice of Fruit

### Pasta Day Your Way! 27

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 28

Seasoned Chicken Fajita Strips  
Shredded Cheddar Cheese, Lettuce Cup  
Spicy Salsa Spanish Brown Rice  
Refried Beans 100% Juice Sherbet or  
Fruit Cup

### March 1:

Grilled Cheese Sandwich

