



Cold Sandwiches & Salads Made Fresh Your Way

Available Daily

Tortilla Wraps, Rolls, and Whole Wheat Rolls  
Turkey, Ham, Tuna Salad, Chilled Buffalo Chicken Salad  
Assorted Cheeses  
Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots  
Homemade Vegetable Pasta Salad



**Build your own Salad every day!**

**Regionally grown when available**

**Choices include:**

Romaine Lettuce  
Spinach  
Iceberg Lettuce  
Assorted Fresh Vegetables, Lean Protein Choices, Natural Cheese, Legumes, Dried Fruit, Choice of assorted Salad Dressings, Complete the meal with a Dinner

Roll Fresh Fruit Selection and Milk



**Favorite Comfort Foods & International Flavors Served Your Way in a Bowl**

30	31	1	2	3
<b>Pasta &amp; Meat Sauce</b> Broccoli Garlic Bread Warm Baked Apple Slices Low Fat Milk Choice <i>Basil</i>	<b>Chicken Fajitas</b> Fiesta Rice Corn on the Cob Dinner Roll <i>Salsa</i>	<b>BBQ Pork Sandwich</b> Vegetable Pasta Salad Watermelon	<b>Philly Cheese Steak Sandwich</b> Onions & Peppers Oven Baked Potatoes Wedges Low Fat Milk Choice	<b>Popcorn Chicken</b> Cheddar Mashed Potatoes Seasoned Green Beans Biscuit <i>Shredded Cheddar Cheese</i>
6	7	8	9	10
<b>Oven Baked Chicken</b> Oven Roasted Potatoes Green Beans Bread Stick <i>Rosemary</i>	<b>Taco Bar</b> (Hard or Soft Shelled) Seasoned Beef, w/ Salsa, Cheddar Cheese, Shredded Lettuce & Sour Cream Corn & Dinner Roll	<b>Foot Long Hot Dog</b> Oven Baked Beans Sauté Onions	<b>American Chop Suey</b> Seasoned Broccoli Whole Wheat Garlic Bread	<b>Roasted Chicken</b> Mashed Potatoes Seasoned Peas Homemade Corn Bread
13	14	15	16	17
<b>Sweet &amp; Sour Chicken</b> White Rice, Tossed Salad w/ Vinegar & Oil Dressing Orange Low Fat Milk Choice <i>Crunchy Asian topping</i>	<b>Meatball Grinder</b> Caesar Salad Seasoned Croutons Parmesan Cheese <i>Crush Red Pepper</i>	<b>Creamy Macaroni &amp; Cheese</b> Seasoned Mixed Vegetables Toasted Garlic Bread <i>Chopped Parsley</i>	<b>Roast Turkey &amp; Gravy</b> Mashed Potatoes Vegetable Medley Bread Stuffing <i>Chopped Parsley</i>	<b>Classic Meatloaf</b> Garlic Mashed Potatoes Seasoned Corn Whole Wheat Dinner Roll <i>Chopped Parsley</i>
19	20	21	22	23
<b>Grilled Marinated Chicken</b> Rice Pilaf Zucchini Dinner Roll	<b>Macho Nachos w/Mexican Meat &amp; Cheese</b> Brown Rice, Lettuce & Tomato, Southwest Black Beans, Orange	<b>Chicken Parmesan</b> Seasoned Pasta Vegetable Medley Whole Wheat Bread Stick	<b>Roasted Pork Loin</b> Wild Rice Yellow Squash Breadstick	<b>Fish &amp; Cheese Sandwich</b> Coleslaw Baked Potato Wedges
26	27	28	29	30
<b>Grilled Seasoned Chicken Sandwich</b> Wild Rice Green Beans Chopped Green Onion	<b>French Toast Sticks w/Blueberry Topping</b> Turkey Sausage Oven Roasted Potatoes Orange Wedge	<b>Burger Bar</b> Mushrooms & Onions Cheese, Lettuce, Tomatoes Vegetable Pasta Salad	<b>Oven Baked Grilled Cheese</b> Chicken Noodle Soup	<b>Chicken Broccoli w/ Barilla Plus Pasta</b> Dinner Roll Fruit Crisp Low Fat Milk Choice

Menu item is made w/ whole grain Meat Free Alternative  
 Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

Menu item is offered with the complete daily Balanced Choices® Meal  
A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk. Daily milk choices include skim white, 1% white, and 1% chocolate



**Cheese Pizza & Pepperoni Pizza**  
Made w/ Reduced Fat Cheese Fresh Baked Daily

**Specials:**

**Monday:** Buffalo Chicken Pizza  
**Tuesday:** Meatball Calzone  
**Wednesday:** French Bread Pizza  
**Thursday:** Mexican Pita Pizza  
**Friday:** Cheese Pizza Sticks



**Lean Beef Burgers w/Cheese, Chicken Patty, Chicken Nuggets, Mozzarella Sticks & Oven Baked Fries**

**Available Daily**

**Specials:**

**Monday:** Steak & Cheese Wrap  
**Tuesday:** Buffalo Chicken on a Bun  
**Wednesday:** Grilled Chicken on a Bun  
**Thursday:** Philly Chicken on a Grinder  
**Friday:** Veggie Burger w/ Cheese on a Bun



**Fresh Food Fast- Packaged for Grab N' Go**  
(Salads offered with a dinner roll)

**Specials:**

**Week 1:** Roast Beef on Multigrain / Chef Salad  
**Week 2:** Turkey Club Bagel / Tuna Salad  
**Week 3:** Chicken Caesar Salad Wrap/ Buffalo Chicken  
**Week 4:** Ham & Cheese Grinder / Grilled Chicken Salad  
**Week 5:** Honey Mustard Chicken Sandwich/ Chicken Salad  
 Look For Balanced Choices Option Available Daily:  
 Garden Salad w/ Cheese Daily  
 Toasted Bagel Chips/Fresh Veggies/Hummus/Orange  
Peanut Butter & Jelly Sandwich Daily

*Any questions please call:*  
**Director of Dining Services**  
**Missy Leveille - 860-739-1422**  
**Student Prices \$3.00/\$3.25 (Deli), Reduce \$0.40**  
**Adult Price \$3.50/\$3.75 (Deli)**