



Cold Sandwiches & Salads Made Fresh Your Way

*Available Daily*

Tortilla Wraps, Rolls, and Whole Wheat Rolls

Turkey, Ham, Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Homemade Vegetable Pasta Salad

Meals include entrée, choice of 1% white, skim milk, ½% chocolate milk (antibiotic and hormone-free), and unlimited fresh, regionally grown fruits and vegetables



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

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

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 & Breaded Chicken**  
 Sandwiches, Chicken Nuggets 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 Plate  
**Week 2:** Turkey Club Bagel / Tuna Salad Plate  
**Week 3:** Chicken Caesar Salad Wrap/ Buffalo Chicken Salad  
**Week 4:** Ham & Cheese Grinder / Grill Chicken Salad Plate  
**Week 5:** Honey Mustard Chicken Sandwich / Chicken salad Plate

Look For Balanced Choices Option Available Daily:  
 Garden Salad w/ Cheese Daily  
 Toasted Bagel Chip/Fresh Veggies/ Hummus /Orange

Any questions please call:

**Director of Dining Services**  
 Missy Leveille 860-739-1422

**Student Price \$3.00 / \$3.25 (Deli) Reduce \$0.40**  
**Adult Price \$3.50 \$3.75 (Deli)**