

K8 MENUS FOR AUGUST & SEPT. 2019

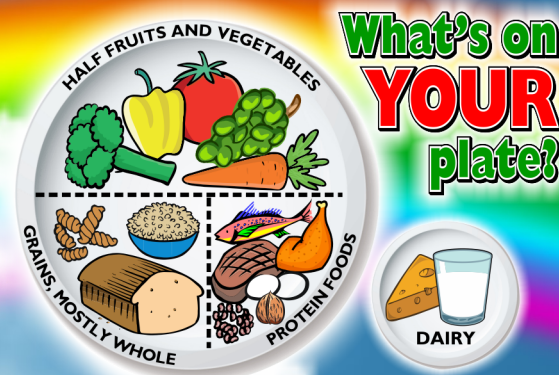
**New Haven
Public Schools**



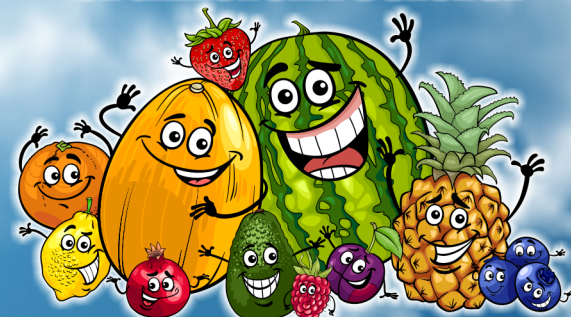
This institution is an equal opportunity provider. Menus are subject to change.



Welcome Back
for **FOOD, FUN, & FITNESS!**



Try to eat a
RAINBOW
of different colors!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Our program is Peanut/Tree nut, Pork, and Shellfish free!

- ⇒ All of our grain items are Whole Grain
- ⇒ Items marked with (**) are Vegetarian

Introducing our new **Meatless Mondays!** Every Monday will feature a vegetarian entrée. All vegetarian entrée's meet the same 2 oz Grain & 2 oz Meat/Meat alternate guidelines.

Thursday, Aug. 29

Top your Hamburger or Cheeseburger on a Roll

Choice of Two
Local Corn on the Cob
Fresh Fruit or Fruit Cup
or Watermelon Slice
Salad Bar

Choice of Milk
Skim or 1% Low

Friday, August 30

**Homemade Cheese Pizza

Choice of Two
Seasoned Local Green Beans
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

**HAPPY
LABOR DAY!**



Try not to be **BLUE** about Summer's end - enjoy the last sweet days of the season **BERRY** much!

Tuesday, Sept. 3

NEW ITEM
**Black Bean Burger on WG Bun
**Hummus Plate & Sunbutter Plate Alternative Available

Choice of Two
Seasoned Carrots
Fresh Fruit or Fruit Cup
Salad Bar
Choice of Milk
Skim or 1% Low Fat

Wed., Sept. 4

Chicken & Waffles

Choice of Two
Orange Juice
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Thursday, Sept. 5

Saucy Meatball Sub

Choice of Two
Local Green Beans
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Friday, Sept. 6

**Homemade Veggie Pizza

Choice of Two
Seasoned Mixed Vegetables
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

AVAILABLE DAILY

- **Yogurt Plate
- **Pretzel Plate
- **Salad Plate
- **Hummus Plate
- Deli Sandwich
- **Sunbutter and Jelly Sandwich
- Daily Special Varies:**
(i.e. **Tuna Sandwich,
**Egg Salad Sandwich, etc.)

Meatless Mon., 9/9
****Mac & Cheese**
***Hummus Plate & Sunbutter Plate Alternative Available*

Choice of Two
 Seasoned Broccoli
 Fresh Fruit or Fruit Cup
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

Tuesday, Sept. 10

NO SCHOOL

Wed., Sept. 11
BBQ Beef Rib on a Bun

Choice of Two
 Oven Baked Sweet
 Potato Wedges
 Fresh Fruit or Fruit Cup
 or Watermelon Slice
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

Thursday, Sept. 12
Chicken Fajitas, Tortilla

Choice of Two
 Seasoned Corn
 Fresh Fruit or Fruit Cup
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

Friday, Sept. 13
****Homemade Cheese Pizza**

Choice of Two
 Local Green Beans
 Fresh Fruit or Fruit Cup
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

KIDS! Join us daily for the original value meal!

All of our complete meals are always
NO CHARGE
for all students
 with no need to submit an application, thanks to the
Community Eligibility Program!

Meatless Mon., 9/16
NEW ITEM
****Falafel Tots & Pita Bread**
***Hummus Plate & Sunbutter Plate Alternative Available*

Choice of Two
 Taco Fiesta Black Beans
 Fresh Fruit or Fruit Cup
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

Tuesday, Sept. 17
Sausage Patty, Egg & Cheese on a Biscuit

Choice of Two
 Orange Juice
 Fresh Fruit or Fruit Cup
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

Wed., Sept. 18
Chicken Alfredo Pasta

Choice of Two
 Seasoned Broccoli
 Fresh Fruit or Fruit Cup
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

Thursday, Sept. 19
NEW RECIPE
Chicken Waffle Sandwich

Choice of Two
 Oven Baked Sweet
 Potato Wedges
 Fresh Fruit or Fruit Cup
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

Friday, Sept. 20
Homemade Pepperoni Pizza OR **Plant-Based Sausage Crumble Pizza

Choice of Two
 Seasoned Peas
 Fresh Fruit or Fruit Cup
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

Meatless Mon., 9/25
****Pancakes & NEW ITEM: Plant-Based Sausage Patty**
***Hummus Plate & Sunbutter Plate Alternative Available*

Choice of Two
 Orange Juice
 Fresh Fruit or Fruit Cup
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

Tuesday, Sept. 24
Chicken Teriyaki w/ Chow Mein Noodles, Fortune Cookies

Choice of Two
 Seasoned Broccoli
 Fresh Fruit or Fruit Cup
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

Wed., Sept. 25
Sloppy Joe on a Bun

Choice of Two
 Local Corn on the Cob
 Fresh Fruit or Fruit Cup
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

Thursday, Sept. 26
NEW ITEM
BBQ Pulled Turkey Sub

Choice of Two
 Oven Baked Sweet
 Potato Wedges
 Fresh Fruit or Fruit Cup
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

Friday, Sept. 27
****Homemade Cheese Pizza**

Choice of Two
 Local Yellow & Green Squash
 Fresh Fruit or Fruit Cup
 Salad Bar

Choice of Milk
 Skim or 1% Low Fat

DON'T 4 GET!

To make a lunch, choose at least one

Fruit/Juice or **Veggie**

Grains **Milk** **Protein**

Fruit/Juice and **3-5 items total** **Vegetables**

NEW HAVEN SCHOOL DISTRICT FOOD SERVICES