

MENUS FOR
**AUGUST &
SEPT.
2019**

**ELM CITY
MONTESSORI**

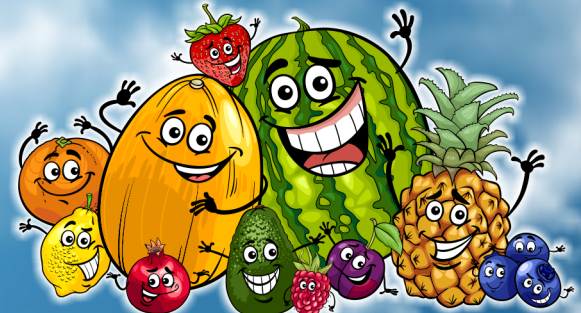
This institution is an equal opportunity provider. Menus are subject to change.



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

Thursday, August 29

BREAKFAST

French Toast Sticks
Pears
Milk

LUNCH

Boneless BBQ Rib on WG Roll
Baked Beans
Mixed Fruit
Skim or 1% Low Fat Milk

Friday, August 30

BREAKFAST

WG Mini Bagel w/Cream Cheese
Orange Wedges
Milk

LUNCH

Grilled Chicken w/Bread Slice
WG Rice and Beans
Corn Salad
Pears
Skim or 1% Low Fat Milk

**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

BREAKFAST

WG English Muffin
Orange Wedges
Milk

LUNCH

WG Chicken Parm & Pasta
Tossed Salad
Peaches
Skim or 1% Low Fat Milk

Wed., Sept. 4

BREAKFAST

WG Pancakes
Applesauce
Milk

LUNCH

Salisbury Steak w/Gravy
WG Bread Slice
Mashed Potatoes
Fresh Fruit
Skim or 1% Low Fat Milk

Thursday, Sept. 5

BREAKFAST

WG Kix
Graham Crackers
Apples
Milk

LUNCH

Chicken Teriyaki Dippers
Veggie Fried Rice
Beet Salad
Pineapple
Skim or 1% Low Fat Milk

Friday, Sept. 6

BREAKFAST

WG Mini Bagel
Cream Cheese
Mixed Fruit
Milk

LUNCH

WG Saucy Meatball Sub
Broccoli
Fresh Fruit
Skim or 1% Low Fat Milk

NUTRITION TO GO

Despite persistent urban legends to the contrary, eating a watermelon seed will not cause a plant to sprout in your stomach! And, anyway, most of the watermelons sold today are seedless. That's too bad - the seeds roasted with a little olive oil and salt are a crunchy snack loaded with protein and other nutritious goodies!

A QUICK BITE FOR PARENTS

Monday, Sept. 9

BREAKFAST

WG Cheerios
Pineapple
Milk

LUNCH

WG Cheese Ravioli
WG Bread Slice
Carrots
Fresh Fruit
Skim or 1% Low Fat Milk

Tuesday, Sept. 10

**NO
SCHOOL**

Wed., Sept. 11

BREAKFAST

WG Cereal
Graham Crackers
Peaches
Milk

LUNCH

Cheeseburger on WG Bun
Tater Tots
Pears
Skim or 1% Low Fat Milk

Thursday, Sept. 12

BREAKFAST

Egg Patty w/WG Bread
Mixed Fruit
Milk

LUNCH

BBQ Grilled Chicken
Brown Rice
Seasoned Beans
Fresh Fruit
Skim or 1% Low Fat Milk

Friday, Sept. 13

BREAKFAST

WG Apple Muffin
Fresh Fruit
Milk

LUNCH

Turkey w/Gravy
WG Dinner Roll
Corn
Applesauce
Skim or 1% Low Fat Milk

**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!

Monday, Sept. 16

BREAKFAST

WG Kix
Fresh Fruit
Milk

LUNCH

WG Beef Taco
Fiesta Corn
Pineapple
Skim or 1% Low Fat Milk

Tuesday, Sept. 17

BREAKFAST

French Toast Sticks
Pears
Milk

LUNCH

Turkey w/Gravy
WG Bread Slice
Sweet Potatoes
Fresh Fruit
Skim or 1% Low Fat Milk

Wed., Sept. 18

BREAKFAST

WG Mini Bagel w/Cream Cheese
Orange Wedges
Milk

LUNCH

Grilled Chicken w/Gravy on WG
Bun
Green Beans
Fresh Fruit
Skim or 1% Low Fat Milk

Thursday, Sept. 19

BREAKFAST

WG Cheerios
Fresh Fruit
Milk

LUNCH

WG Meatball Pasta Marinara
Tossed Salad w/Chick Peas
Pears
Skim or 1% Low Fat Milk

Friday, Sept. 20

BREAKFAST

WG Pancakes
Applesauce
Milk

LUNCH

Chicken Nuggets
WG Bread Slice
Broccoli
Fresh Fruit
Skim or 1% Low Fat Milk

Monday, Sept. 23

BREAKFAST

WG Corn Flakes
Fresh Fruit
Milk

LUNCH

BBQ Chicken Dippers
WG Dinner Roll
Baked Beans
Mandarin Oranges
Skim or 1% Low Fat Milk

Tuesday, Sept. 24

BREAKFAST

WG Waffle
Applesauce
Milk

LUNCH

WG Mac & Cheese
WG Bread Slice
Broccoli
Peaches
Skim or 1% Low Fat Milk

Wed., Sept. 25

BREAKFAST

Egg Patty w/WG Bread
Cantaloupe
Milk

LUNCH

Meatloaf
WG Bread Slice
Mashed Potatoes
Fresh Fruit
Skim or 1% Low Fat Milk

Thursday, Sept. 26

BREAKFAST

WG English Muffin
Mandarin Oranges
Milk

LUNCH

Chicken a la King
WG Dinner Roll
Peas & Carrots
Fresh Fruit
Skim or 1% Low Fat Milk

Friday, Sept. 27

BREAKFAST

WG Rice Krispies
Fresh Fruit
Milk

LUNCH

Cheeseburger on WG Bun
Baked Beans
Pineapple
Skim or 1% Low Fat Milk

DON'T 4 GET!

To make a lunch,
choose at least one



or



and 3-5
items
total

**NEW HAVEN SCHOOL DISTRICT
FOOD SERVICES**