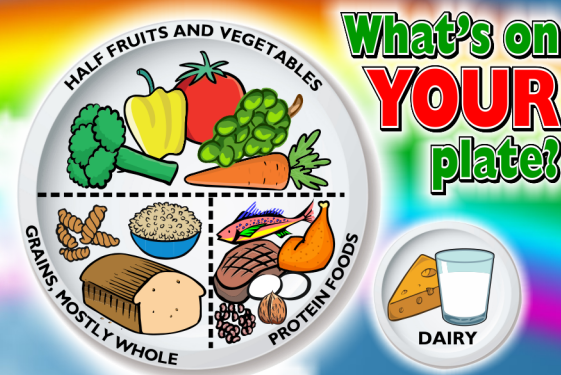


PREK MENU FOR
SEPT.
2019

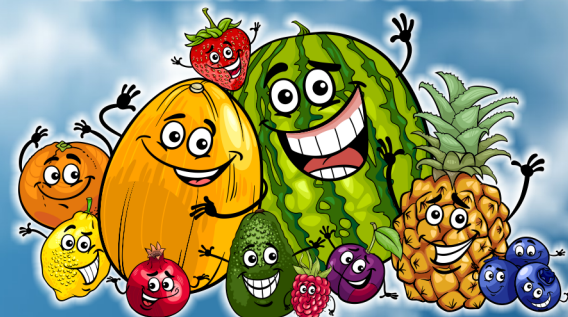
**New Haven
Public Schools**



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



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.



9/11/2001 ♦ We Remember

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
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
**Cheese Pizza

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

Choice of Milk
Skim or 1% Low Fat

AVAILABLE DAILY

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

I am the letter

K



koala

GRAIN

Corn

You read that right – corn is actually a grain, although we often think of it as a veggie. And whether you’re eating corn on the cob or popcorn, corn kernels are always 100% whole grain!

OF THE MONTH

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 WG 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 Fries
Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Friday, Sept. 20

Pepperoni Cheese 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., 9/23

****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 with Chow Mein Noodles, Fortune Cookie

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
Seasoned Corn
Fresh Fruit or Fruit Cup
Salad Bar

Choice of Milk
Skim or 1% Low Fat

Thursday, Sept. 26

NEW ITEM
BBQ Pulled Turkey on a 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

****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



or



and 3-5 items total

NEW HAVEN SCHOOL DISTRICT FOOD SERVICES