



CREC MONTESSORI MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1
				<p>Grilled Chicken on a Whole Grain Roll Cross Trax Baked Sweet Potatoes Fruit Milk Choice</p>
4	5	6	7	8
<p>TurkeyTaco Meat and Taco Chips Fiesta Beans Salad/Ensalada Cubana with Fresh Cilantro Fajita Style Brown Rice Shredded Lettuce and Tomato Shredded Cheese Fruit Milk Choice</p>	<p>Baked Breaded Chicken and Whole Grain Waffles with Syrup Vegetable Juice Fruit Milk Choice</p>	<p>Galaxy Whole Grain Personal Cheese Pizza Carrot Sticks and Celery Sticks with Low Fat Ranch Dip Vegetable Juice Fruit Milk Choice</p>	<p>Hamburger on a Whole Grain Roll Yucca Sticks Fruit Milk Choice</p>	<p>Oven Baked Breaded Chicken Tenders Cilantro Lime Brown Rice and Quinoa Steamed Farm Fresh Spinach with Diced Red Peppers Fruit Milk Choice</p>
11	12	13	14	15
<p>Cherry Blossom Chicken Seasoned Brown Rice Broccoli Florrettes Fruit Milk Choice</p>	<p>All Beef Hot Dog on Whole Grain Roll Vegetarian Baked Beans Baby Carrots Fruit Milk Choice Primary Only: Whole Grain Pizza</p>	<p>Whole Grain French Toast Sticks with Syrup Chicken Sausage Patty Vegetable Juice Fruit Milk Choice</p>	<p>Turkey Pot Roast Mashed Potatoes with Gravy Green Beans Fruit Milk Choice Warm Apple Stick</p>	<p>Whole Grain Fresh Cheese Stuffed Crust Pizza Crisp Cucumber Slices and Red Pepper Strips with Low Fat Ranch Dip Vegetable Juice Fruit Milk Choice</p>



<p>18</p> <p>Whole Grain Cheese Twists with Marinara Celery and Cherry Tomato Cup with Low Fat Ranch Dip Fruit Milk Choice</p>	<p>19</p> <p>Chicken Fajitas with Red Onions, Green and Red Peppers Whole Grain Flatbread Fajita Style Brown Rice Vegetable Juice Shredded Cheese and Salsa Fruit Milk Choice</p>	<p>20</p> <p>Teriyaki Chicken Dippers Whole Grain Corn Muffin Vegetarian Baked Beans Fruit Milk Choice Whole Grain Holiday Cookie Treat</p>	<p>21</p> <p>Oven Roasted Chicken Leg Whole Grain Arroz Con Gandules Romaine Lettuce Salad with Baby Grape Tomatoes and Shredded Carrots Fruit Milk Choice</p>	<p>22</p> <p>Whole Grain Turkey Pepperoni and Cheese Pinwheel Corn Niblets Fruit Milk Choice</p>
<p>25</p> <p>WINTER RECESS</p>	<p>26</p> <p>WINTER RECESS</p>	<p>27</p> <p>WINTER RECESS</p>	<p>28</p> <p>WINTER RECESS</p>	<p>29</p> <p>WINTER RECESS</p>

DID YOU KNOW?

- Milk served in our cafe is from a local CT family owned dairy farm from cows that are NOT treated with the growth hormone rBST!
- All menu items are served fresh, steamed, roasted, or baked and low in saturated fat.
- Heart Healthy Olive Oil is used to prepare our fresh veggies!
- We serve only 100% Whole Grain!
- Locally sourced fresh fruit and veggies are served every chance we get!
- All menu items are artificial and trans fat free!

Baby carrots are offered at lunch every day!



Make time for SCHOOL BREAKFAST!

Breakfast is served Daily in ALL our schools!



Although we make every effort to serve menus as planned, this menu may change without notice.

