

# Welcome to our Lunch Cafe @

Shelton Elementary Schools

November 2017

Monday

Tuesday

Wednesday

Thursday

Friday



**HARVEST**  
of the  
MONTH



We proudly support clean, organic, local and sustainable agriculture.

6 Popcorn Chicken  
*breaded chicken bites baked to perfection*  
Tator Tots  
Side of Carrots  
Celery  
Cinnamon Applesauce  
Fresh Apple

7 Election Day  
  
No School

8 Mac & Cheese  
*pasta in cheese sauce, garnished with parsley*  
With  
Steamed Broccoli  
Veggie Dippers  
Pineapple Tidbits  
Fresh Orange

9 Crispy Tacos  
*crispy taco shells filled with taco meat and cheddar cheese*  
Chili Roasted Garbanzo Beans  
Fiesta Corn  
Fresh Red Grapes

10 Cheese Pizza  
*crispy pizza dough topped with tomato sauce and melted cheese*  
Celery  
Garden Salad  
Diced Peaches  
Fresh Banana  
Strawberries

13 Chicken Tenders  
*crispy chicken tenders perfect for dipping in your favorite sauce*  
Mashed Potatoes  
Green Beans  
Pineapple Tidbits  
Fresh Orange

14 Cheeseburger And  
Tator Tots  
Carroteenies  
Diced Pears  
Fresh Green Grapes  
Pickle Chips  
Garlic Spear Pickle  
  
National Pickle Appreciation Day

15 Roasted Turkey with Gravy  
*oven roasted turkey breast smothered with gravy*  
Homemade Stuffing  
Cranberry Sauce  
With  
Red Pepper Strips  
Diced Peaches

16 BBQ Rib Sandwich  
*BBQ rib patty on a bun*  
Sauteed Corn & Black Bean Salsa  
Carroteenies  
Cinnamon Applesauce  
Fresh Banana

17 Cheese Pizza  
*crispy pizza dough topped with tomato sauce and melted cheese*  
Fresh Broccoli  
Garden Salad  
Fresh Banana  
Strawberries

20 Crispy Chicken Sandwich  
*crispy breaded chicken on a bun*  
With  
Oven Baked Fries  
Spinach Salad  
Apple Slices  
Fresh Pear

21 Meatball Parmesan Sandwich  
*warm meatballs on a roll, topped with tomato sauce and melted mozzarella cheese*  
Red Pepper Strips  
Fresh Red Grapes  
Diced Pears

22 Baked Pasta with Cheese  
*pasta topped with melted cheese, baked to perfection*  
Baby Carrots  
Fresh Green Grapes  
**Lucky Tray Day**

23

Happy Thanksgiving

24

27 Chicken Nuggets  
*crispy breaded chicken nuggets perfect for dipping in your favorite sauce*  
Brown Rice  
Corn  
Celery  
Cinnamon Applesauce  
Fresh Pear

28 French Toast  
*French toast baked to perfection*  
Hashbrowns  
Cinnamon Applesauce  
Carroteenies  
Melon Cup  
  
National French Toast Day!!

29 Chicken Corn Dog  
*juicy chicken hot dog surrounded with a corn dog crust*  
Baked Potato Wedges  
Caesar Salad  
Cherry Tomatoes  
Fresh Red Grapes

30 Soft Taco  
Fiesta Corn  
Beans  
Fresh Cucumber Salad  
Fresh Red Grapes  
Fresh Apple

Weekly alternate: Boars Head Ham and Cheese Sandwich on a Soft Wheat Roll

## SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because we are Simply Rooted™ in food and family and



use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



### Lunch Prices

Full Price Lunch \$2.75  
Reduced Lunch \$0.40

All lunches come with fruit, vegetable and milk selection. Milk variety includes skim, 1% white milk and fat free chocolate  
Questions, comments?  
Contact Linda Stanisci @ 203-924-1055

### Available Daily Alternate Lunches

**Chicken Nuggets Lunch** - Crispy Chicken Nuggets  
**Bagel Fun Lunch**-Whole Wheat Bagel with Cream Cheese, Low Fat Yogurt and Cheese Stick

**Garden Salad Entree**-Mixed Greens w/ Tomatoes, Cucumbers & Low Fat Cheese w/ Whole Grain Roll

### Meatless Weekly Alternates:

**Week 1:** Fresh Spinach Salad with Cheese  
**Week 2:** Grilled Cheese on Whole Wheat Bread  
**Week 3:** Organic Yogurt and Fruit Parfait with Granola  
**Week 4:** Vegetarian Burrito  
**Week 5:** Hummus Plate with Veggie Sticks and Pita Bread

\*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. USDA is an equal opportunity provider, employer, and lender.