



Elementary LUNCH MENU December 2018 \$2.50

Monday	Tuesday	Wednesday	Thursday	Friday
	The name "cruciferous" is an informal classification for members of the mustard family and comes from the Latin cruciferae meaning "cross bearing," because the four petals resemble a cross.			
3 Hamburger on WG Bun Oven Baked Fries Country Baked Beans Assorted Fresh Fruits & Vegetables	4 Nacho's Grande Steamed Brown Rice Assorted Fresh Fruits & Vegetables	5 Single Session Pizza Crunchers Penne Pasta Marinara Assorted Fresh Fruits & Vegetables	6 Chicken Nuggets Steamed Brown Rice Steamed Green Beans Assorted Fresh Fruits & Vegetables	7 House Made Pizza With Tossed Salad Assorted Fresh Fruits & Vegetables
10 "Breakfast for Lunch" French Toast Sticks Turkey Sausage Tater Tots Assorted Fresh Fruits & Vegetables	11 Burrito With L&T, Cheese Steamed Brown Rice Assorted Fresh Fruits & Vegetables	12 Pizza Dippers With Marinara Sauce Green Beans Assorted Fresh Fruits & Vegetables 	13 Popcorn Chicken Mashed Potatoes Mixed Veggies Fresh Fruits & Vegetables	14 House Made Pizza Garden Salad Assorted Fresh Fruits & Vegetables
17 Ziti Marinara In Meat Sauce Fresh Garden Salad Assorted Fresh Fruits & Vegetables	18 Chicken Patty on Bun Sweet Potato Grooves Assorted Fresh Fruits & Vegetables 	19 Pizza Crunchers Penne Pasta Marinara Assorted Fresh Fruits & Vegetables	 20 "Christmas Trees Nuggets" Steamed Brown Rice Steamed Green Beans Assorted Fresh Fruits & Vegetables	21 House Made Pizza With Tossed Salad Assorted Fresh Fruits & Vegetables
 24 CLOSED	 25 FOR	26 No School	27 RECESS 	28
Fresh Fruit & Vegetable Selection (includes but not limited to)				
Cucumber Coins Baby Carrots Assorted Chilled Fruit Fresh Whole Fruit	Carrot and Celery Sticks Assorted Chilled Fruit Fresh Whole Fruit	Red Bell Pepper Strips Cherry Tomatoes Chilled Peaches Fresh Whole Fruit	Carrot and Celery Sticks Fresh Broccoli Florets Fresh Whole Fruit	Colorful Tossed Salad Red Bell Pepper Strips Chilled Fruit Cocktail Fresh Whole Fruit

Food of the Month: Cruciferous Vegetables

Most cruciferous veggies are rich in vitamins and minerals such as folate and vitamin K. Dark green cruciferous veggies are also an excellent source of vitamins A and C



We provide free & reduced meals for all families that are eligible. Applications are available on the Region 16 website or call us at 203-758-6671 for details

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<https://www.region16ct.org> [MySchoolBucks.com](https://www.myschoolbucks.com)

ELEMENTARY SELECTION INCLUDES: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate.