



WRHS LUNCH MENU December 1st-29th 2018 \$3.00

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Cruciferous Vegetables  | Cruciferous vegetables are vegetables of the family Brassicaceae (also called Cruciferae) with many genera, species, and cultivars being raised for food production such as cauliflower, cabbage, garden cress, bok choy, broccoli, brussels sprouts and similar green leaf vegetables. | Your Choice?  |  |  |
| 3 Double Cheese Burgers Oven Roasted Red Bliss Potatoes Assorted Fresh Fruits & Vegetables | 4 Chicken Fajita With Peppers & Onions Steamed Brown Rice & Beans  | 5 Single Session Day Breakfast Served  | 6 Home Made Personal Round Cheese Pizza Mixed Vegetables Assorted Fresh Fruits & Vegetables | 7 French Toast Sticks With Turkey Sausage & Tater Tots  Assorted Fresh Fruits & Vegetables |
| 10 Steak Sandwich on Flat Bread Sweet Potato Wedges Tossed Salad Assorted Fresh Fruits & Vegetables | 11 Mac & Cheese Assorted Fresh Fruits & Vegetables  | 12 Chicken Parmesan WG Noodles in Marinara Sauce Tossed Romaine Salad Assorted Fresh Fruits & Vegetables | 13 Pizza Crunchers with Marinara Dipping Sauce Penna Pasta Assorted Fresh Fruits & Vegetables  | 14 Nacho's Grande with Beef, Cheese, Corn, Salsa & Sour Cream Black Beans Assorted Fresh Fruits and Vegetables |
| 17 Cheeseburger With Garlic Smashed Red Bliss Potatoes Assorted Fresh Fruits & Vegetables | 18 Twisted Grilled Cheese Oven Baked Fries 3 Bean Salad Assorted Fresh Fruits and Vegetables  | 19 Sweet & Sour Chicken With Brown Rice & Steamed Broccoli Assorted Fresh Fruits & Vegetables  | 20 Home Made Cheese Quesadilla with Sour Cream & Salsa Brown Rice Mixed Vegetables Assorted Fresh Fruits & Vegetables | 21 Chef's Choice Assorted Fresh Fruits & Vegetables |
|  winter break |  |  | 27  | 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

USDA is an equal opportunity employer and provider.

<https://www.region16ct.org> MySchoolBucks.com

High School 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.