

Leafy Greens for Heart Diseases

* Taking warfarin—a prescription blood thinner—you need to be careful about consuming leafy green vegetables. Leafy green vegetables, such as broccoli, spinach, have high levels of vitamin K, which can interfere with how warfarin works.



Dark Green Leafy Veggies
www.region16ct.org



Boar's Head

Alternatives Daily Selections


















Boar's Head Deli

Salad Bar

Assorted Pizza

Chicken Tenders

WRHS LUNCH MENU January 1st-31st 2019 \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NO SCHOOL</p> 	<p>1</p> <p>NO SCHOOL</p> <p>Happy New Year</p>	<p>2</p> <p>Steak Sandwich on WG Flat Bread Sweet Potato Wedges</p>  <p>Milk Choice Assorted Fresh Fruits & Vegetables</p>	<p>3</p> <p>Whole Grain Ziti Marinara Topped with Meat Sauce WG Dinner Roll Tossed Salad Milk Choice</p> 	<p>4</p> <p>BBQ Beef Rib on a Whole Grain Roll Potato Smiles Milk Choice</p> <p>Assorted Fresh Fruits and Vegetables</p>
<p>7</p> <p>Cheesy Bread with Marinara Sauce Milk Choice Assorted Fresh Fruits & Vegetables</p> 	<p>8</p> <p>Chicken Fajitas with Red Onions, Green and Red Peppers Whole Grain Flatbread Fajita Style Brown Rice Corn Nibbles with Diced Red Peppers Shredded Cheese and Salsa Fruit Choice Milk Choice</p>	<p>9</p> <p>Meatball Sandwich Parmesan Potato Wedges Milk Choice</p> 	<p>10</p> <p>Cheese or Buffalo Chicken Quesadilla with Sour Cream & Salsa</p> <p>Milk Choice Brown Rice Mixed Vegetables</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>11</p> <p>Taco Friday With Beef, Beans, Corn, Salsa & Sour Cream</p>  <p>Milk Choice Assorted Fresh Fruits & Vegetables</p>
<p>14</p> <p>Mid Terms Single Session Day</p> <p>Breakfast Served</p> 	<p>15</p> <p>Mid Terms Single Session Day</p> <p>Breakfast Served</p> 	<p>16</p> <p>Mid Terms Single Session Day</p> <p>Breakfast Served</p> 	<p>17</p> <p>Mid Terms Single Session Day</p> <p>Breakfast Served</p> 	<p>18</p> <p>WG French Toast Sticks Turkey Sausage Tater Tots</p> <p>Milk Choice Assorted Fresh Fruits & Vegetables</p>
<p>21</p> <p>Martin Luther King Day</p> 	<p>22</p> <p>Twisted Grilled Cheese Oven Baked Fries 3 Bean Salad</p>  <p>Milk Choice Assorted Fresh Fruits and Vegetables</p>	<p>23</p> <p>Cherry Blossom Chicken Seasoned Brown Rice Broccoli Spears Fruit Choice Milk Choice</p>   <p>Milk Choice Assorted Fresh Fruits & Vegetables</p>	<p>24</p> <p>Cheese or Buffalo Chicken Quesadilla with Sour Cream & Salsa</p>  <p>Brown Rice Mixed Vegetables Milk Choice</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>25</p> <p>Jumbo Cheese Ravioli with Meatballs in Marinara Sauce with Garlic Bread Garden Salad</p> <p>Milk Choice Assorted Fresh Fruits & Vegetables</p>
<p>28</p> <p>Hamburger or Cheeseburger Onion Rings Baked Beans Milk Choice Assorted Fresh Fruits & Vegetables</p>	<p>29</p> <p>Macaroni & Cheese Buffalo Chicken Steamed Broccoli WG Dinner Roll Milk Choice</p>	<p>30</p> <p>Single Session Day</p> <p>Breakfast Served</p> 	<p>31</p> <p>Pizza Crunchers With Dipping Sauce Garden Salad Milk Choice Mixed Fresh Vegetable</p>	<p>LEAFY GREENS</p> 
<p>Fresh Fruit & Vegetable Selection (includes but not limited to)</p>				
<p>Cucumber Coins Baby Carrots Assorted Chilled Fruit Fresh Whole Fruit</p>	<p>Carrot and Celery Sticks Assorted Chilled Fruit Fresh Whole Fruit</p>	<p>Red Bell Pepper Strips Cherry Tomatoes Chilled Peaches Fresh Whole Fruit</p>	<p>Carrot and Celery Sticks Fresh Broccoli Florets Fresh Whole Fruit</p>	<p>Colorful Tossed Salad Red Bell Pepper Strips Chilled Fruit Cocktail Fresh Whole Fruit</p>

Food of the Month: Dark Leafy Greens are good sources of many vitamins (such as vitamins A, C, and K and folate) and minerals (such as iron and calcium). They're also great sources of fiber.

USDA is an equal opportunity employer and provider.

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

<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.