

JANUARY 2019

Wethersfield Lunch Menu

Choose three or more of the five with one being a 1/2c fruit or vegetable or combo. 1. Meat/meat alternate 2. Vegetable 3. Fruit. 4. Whole Grains 5. Milk

Harvest of the Month: Yogurt

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

No School

1

No School

2

No School

3

No School

4

No School

7

Breakfast For Lunch
Mini Pancakes
Tri Tater
Carroteenies
Yogurt Parfait
Sausage Links
Apple Sauce Cups
*Orange Juice *grades-9-12
Milk No Salad Bar

8

Mini Turkey Corn Dog or
Corn Dog on a Stick (6-12)
*Granola Bar * 9-12
Twister Fries
Salad Bar w/ a variety of
Vegetables & Fruits.
*Pears * grades 9-12
Milk

9

Pepperoni Pizza
Salad Bar w/ a variety of
Vegetables & Fruits.
* Mixed Fruit * Grades 9-12
*Doritos Grades *9-12
Milk

10

Ham & Cheese on
Crossiant
Tomato Soup
Salad Bar w/ a variety
of Vegetables & Fruits
Applesauce 9-12
Goldfish Crackers
Milk

11

Chicken Nuggets
Tater Tots
Salad Bar w/ a variety of
Vegetables & Fruits
*Mandarin Oranges * 9-12
Chocolate Muffin
Milk

14

Taco Salad
Refried Beans
Salad Bar w/ a variety of
Vegetables & Fruits.
Tortilla Chips
*Peaches * Grades 9-12
Milk

15

Golden Crispy Boneless
Wings
Dipping Sauces
Baked Potato
Salad Bar w/ variety of
Vegetables & Fruits.
*Apple Sauce * 9-12
Dinner Roll
Milk

16

Pizza Hut Cheese or
(Sausage Pizza)(6-12)
Salad Bar w/ a variety of
Vegetables & Fruits
Orange Slices Grades 9-12
* Chex Mix * 9-12
Milk

17

Hamburger on Bun
Salad Bar w/ variety of
Vegetables & Fruits
SideKicks Fruit Smoothie
*Mixed Fruit *grades 9-12
Milk

18

No School

21

**Milk and Yogurt
are local and
Regional.**

Macaroni & Cheese
Fish Sticks
Salad Bar w/ a variety of
Vegetables & Fruits
*Sun Chips Mix * 9-12
*Pears * grades 9-12
Milk

22

Popcorn Chicken
Sweet & Sour Sauce
Stir Fry Vegetables
Salad Bar w/ a variety of
Vegetables & Fruits
*Pineapple * grades 9-12
Whole Grain Rice
Milk

23

Personal Size Cheese Pizza
Salad Bar w/ a variety of
Vegetables & Fruits
*Mixed Fruit *grades 9-12
** Doritos ** grades 6-12
Milk

24

Turkey & Gravy Over
Mashed Potatoes
Salad Bar w/ a variety of
Vegetables & Fruits
Applesauce Grades 9-12
* Goldfish Crackers *9-12
Dinner Roll
Milk

25

Pulled Pork or BBQ Rib
Patty on Bun
Crinkle Fries
Baked Beans
Salad Bar w/ variety of
Vegetables & Fruits
*Mixed Fruit *grades 9-12
Milk

28

Crispito
Salad Bar w/ a variety of
Vegetables & Fruits.
Side Kicks Fruit Smoothie
**GoldFish Crackers **6-12
*Pineapple * Grades 9-12
Milk

29

Chicken Sticks
Tri Tater
Salad Bar w/ variety of
Vegetables & Fruits
*Peaches * 9-12
Dinner Roll
Milk

30

Cheesy Garlic Bread w/
Dipping Sauce
Salad Bar w/ a variety of
Vegetables & Fruits
*Pears * grades 9-12
Milk

31

DID YOU KNOW...
January's gem is
garnet which
represents
constancy.

Salad Bar Grades K-12

9-12 can choose up to 6 different items from salad bar plus their additional 1/2c fruit.

*K-8 can choose up to 5 different items from salad bar.

*Two height sizes of salad bars.

*Most items are 1/4c servings

* Vegetables & Fruits.

***Salad Bar is included with your hot lunch meal at no extra cost**

We offer 1% unflavored milk and fat free (chocolate or strawberry) flavored milk daily included with the hot lunch tray or can be purchased a la carte. **Milk is a local item!**

All grains offered are whole grain rich

All menus are subjected to change.

* This symbol indicates grades 9-12 other menued items that are required. Item is underlined

Extra Grains or meat alternates are offered to grades 9-12 or 6-8 to meet their requirements on selected days.

** This symbol indicates this will be offered to grades 6-8 to meet grain or meat requirements .

Grades 9-12 \$2.65

Grades 6-8 \$2.55

Grades K-5 \$2.40

Extra Milk .65

This institute is an equal opportunity provider.