

Albert D Lawton School January 30-February 3, 2012

Monday 1/30	Tuesday 1/31	Wednesday 2/1	Thursday 2/2	Friday 2/3
<p>Baked Chicken Nuggets With Dipping Sauces; BBQ Sauce and Sweet Clover Honey ----</p> <p>Ham and Cheese Sandwich Toppings include: Leaf Lettuce, Sliced Tomato and Pickle ----</p> <p>Italian Wrap Salami, Ham, Pepperoni, Lettuce, Onion, Provolone, Lettuce and Creamy Italian Dressing ----</p> <p>Grab and Go Salad Garden or Chef Salad ----</p> <p>Stonyfield Yogurt Meal ----</p> <p>Additional Offerings- Mashed Potatoes, Sliced Steamed Carrots, Apple Sauce and White or Whole Wheat Dinner Roll</p> <p>Daily Fruit and Veggies to Include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange or Kiwi</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>Brunch French Toast Sticks w/ Syrup Sausage Link or Ham Pattie ----</p> <p>Cheese Sandwich Toppings include: Leaf Lettuce, Sliced Tomato and Pickle ----</p> <p>Chicken Caesar Wrap Chicken, Romaine Lettuce, Provolone Cheese and Caesar Dressing ----</p> <p>Grab and Go Salad Garden or Chef Salad ----</p> <p>Stonyfield Yogurt ----</p> <p>Additional Offerings- Mixed Fruit Cup</p> <p>Daily Fruit and Veggies to Include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange or Kiwi</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>English Muffin Pizza and And Chicken Noodle Soup ----</p> <p>Turkey Sandwich Toppings include: Leaf Lettuce, Sliced Tomato and Pickle ----</p> <p>Taco Chicken Wrap Seasoned Grilled Chicken, Peppers, Onions, Cheddar Cheese and Mayonnaise ----</p> <p>Grab and Go Salad Garden or Chef Salad ----</p> <p>Stonyfield Yogurt ----</p> <p>Additional Offerings- Chicken Noodle Soup and Sliced Cling Peaches</p> <p>Daily Fruit and Veggies to Include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange or Kiwi</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>Nacho Day Tortilla Chips with Chili, Salsa, Cheddar Cheese, Diced Tomato, Shredded Lettuce and Black Olives ----</p> <p>Egg Salad Sandwich Toppings include: Leaf Lettuce, Sliced Tomato and Pickle ----</p> <p>Chicken Salad Wrap Chicken Salad, Lettuce and Tomato ----</p> <p>Grab and Go Salad Garden or Chef Salad ----</p> <p>Stonyfield Yogurt ----</p> <p>Additional Offerings- Sliced Pears in Natural Juice</p> <p>Daily Fruit and Veggies to Include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange or Kiwi</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>	<p>Pizza Day Pepperoni, Cheese or Fresh Veggie Pizza ----</p> <p>Tuna Salad Sandwich Toppings include: Leaf Lettuce, Sliced Tomato and Pickle ----</p> <p>Barbeque Chicken Wrap Barbeque Chicken, Lettuce, Onion and Provolone Cheese ----</p> <p>Grab and Go Salad Garden or Chef Salad ----</p> <p>Stonyfield Yogurt ----</p> <p>Daily Fruit and Veggies to Include- Fresh Baby Carrots Celery Sticks Cucumber Spears Broccoli Florets Green Pepper Slices Apple, Orange or Kiwi</p> <p>Assorted Ice Cold Juice Skim Milk or Chocolate Milk Bottled Water</p>

CCSU FOOD SERVICE MAKES IT EASY AND DELICIOUS TO MAKE HEALTHY CHOICES! START YOUR DAY OUT RIGHT, EAT BREAKFAST. BREAKFAST IS SERVED DAILY.

Did you know? To reduce a child's chances of getting mercury poisoning do not serve them shark, swordfish, king mackerel or tilefish, which are the primary seafood known for containing mercury.

