



CCSU 9-12 January 2012



Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Baked Chicken Nuggets Whipped Potatoes Sliced Carrots Dipping Sauces; BBQ Sauce and Sweet Clover Honey Mixed Fruit Cup White or Wheat Dinner Roll	4 Brunch French Toast Sticks w/ Syrup Sausage or Ham Pattie Ice Cold Assorted Juice Apple Sauce	5 Spaghetti with Homemade Meat or Marinara Sauce Toasted Garlic Bread Steamed Sweet Corn Sliced Cling Peaches	6 TGIF Special
9 Chicken Parm Sandwich Fresh Lettuce Sliced Tomato Homemade Pasta Salad Mixed Fruit Cup	10 English Muffin Pizza Cheese or Pepperoni Fresh Cucumber Spears Pear Slices in Natural Juice	11 Brunch Pancakes w/ Syrup Sausage Link or Ham Pattie Ice Cold Assorted Juice Apple Sauce	12 Corndog Baked French Fries Steamed Sweet Corn Sliced Cling Peaches White or Wheat Dinner Roll	13 TGIF Special
16 No School	17 Baked Chicken Nuggets Whipped Potatoes Steamed Sweet Peas Dipping Sauces; BBQ Sauce and Sweet Clover Honey Sliced Pears in Natural Juice White or Wheat Dinner Roll	18 Chicken Fajita Tortilla Wrap Warm Corn and Black Bean Salad White or Wheat Dinner Roll Mixed Fruit Cup	19 Roasted Barbeque Chicken With Homemade Cornbread and Steamed Broccoli Spears Apple Sauce	20 TGIF Special
23 Hot Chicken and Biscuits Romaine Salad Bar Choice of Dressings Sliced Pears in Natural Juice	24 Nacho Day Tortilla Chips with Assorted Toppings: Chili, Salsa, Cheddar Cheese, Diced Tomato, Shredded Lettuce and Black Olives Apple Sauce	25 Grilled Cheese Sandwich and Tomato Soup Fresh Celery Sticks And dip Pineapple Chunks	26 Our Famous Ziti with Homemade Meat or Marinara Sauce Toasted Garlic Bread Fresh Tossed Caesar Salad Apple Slices	27 TGIF Special

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

Additional Daily choices Include: Apple Juice, 100% Fruit Punch, Orange Juice, Grape Juice, Fat Free Milk, Low Fat Chocolate Milk, Low-Fat Organic Yogurt, Boxed Cereal, Fresh Vermont Apples, Oranges, Assorted Fruit, Variety Of Fresh Raw Vegetables Including Baby, Carrots, Broccoli, Celery Sticks, Cucumber Spears, Cauliflower and Tossed Salad. Lunch includes (1) milk and (1) juice or (2) juices. Bottled water offered with every meal.

Did you know?

Only about 10 percent of the fossil fuel energy used in the world's food system is used in production; the other 90 percent goes into packaging, transporting and marketing. Buying local food is good for our local economy and our environment.