

# CCSU K-8 Food Service September 2010

30	31	1 <i>Chicken Nuggets</i> Whipped Potatoes Sliced Carrots Dipping Sauces; BBQ Sauce and Sweet Clover Honey White or Wheat Dinner Roll Mixed Fruit Cup	2 <i>Brunch</i> French Toast Sticks w/ Syrup Sausage Link or Ham Pattie Ice Cold Assorted Juice Apple Sauce	3 <i>American Flatbread</i> Pepperoni, Cheese or Fresh Veggie Tossed Garden Salad Choice of Dressings Fresh Fruit
6 <b>No School</b>	7 <i>Chicken Pattie on a Bun</i> Fresh Lettuce Sliced Tomato Steamed Green Beans Baked Potato Puffs Mixed Fruit Cup	8 <i>Brunch</i> Pancakes w/ Syrup Sausage Link or Ham Pattie Ice Cold Assorted Juice Apple Sauce	9 <i>Grilled Chicken Taco</i> Shredded Lettuce, Tomatoes and Cheese Steamed Sweet Corn Sliced Cling Peaches	10 <i>American Flatbread</i> Pepperoni, Cheese or Fresh Veggie Tossed Garden Salad Choice of Dressings Fresh Fruit
13 <i>Chicken Nuggets</i> Whipped Potatoes Sliced Carrots Dipping Sauces; BBQ Sauce and Sweet Clover Honey White or Wheat Dinner Roll Mixed Fruit Cup	14 <i>Bagel Meal</i> Sausage or Ham Pattie American or Cream Cheese Ice Cold Assorted Juice Apple Sauce	15 <i>Corndog</i> Baked French Fries Fresh Baby Carrots White or Wheat Dinner Roll Cranberry Sauce	16 <i>Spaghetti</i> with Homemade Meat or Marinara Sauce Garlic Bread Steamed Sweet Corn Sliced Cling Peaches	17 <i>American Flatbread</i> Pepperoni, Cheese or Fresh Veggie Tossed Garden Salad Choice of Dressings Fresh Fruit
20 <i>Chicken Pattie on a Bun</i> Fresh Lettuce Sliced Tomato Steamed Green Beans Baked Potato Puffs Mixed Fruit Cup	21 <i>Nacho Day</i> Tortilla Chips with Assorted Toppings: Chili, Salsa, Cheddar Cheese, Diced Tomato, Shredded Lettuce and Black Olives Apple Sauce	22 <i>Hamburger or Cheeseburger</i> On a Roll Fresh Lettuce Sliced Tomato Baked French Fries Sliced Pears in Natural Juice	23 <i>Homemade Mac &amp; Cheese</i> With Vermont Cabot Cheddar Glazed Sliced Carrots White or Wheat Dinner Roll Sliced Cling Peaches	24 <i>American Flatbread</i> Pepperoni, Cheese or Fresh Veggie Tossed Garden Salad Choice of Dressings Fresh Fruit

**SERVICE  
MAKES IT EASY AND  
DELICIOUS TO MAKE  
HEALTHY CHOICES!**

**CCSU FOOD SERVICE  
USES FRESH LOCAL  
AND ORGANIC  
INGREDIENTS  
WHEN THEY ARE AVAILABLE!**

**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, 1% 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.

ALL LUNCHES INCLUDE ONE  
MILK AND ONE JUICE OR TWO  
JUICES.

Daily Sandwich Choices:

<b>Monday</b> Baked Ham & Cheese	<b>Tuesday</b> Cheese Sandwich	<b>Wednesday</b> Roast Turkey	<b>Thursday</b> Egg Salad	<b>Friday</b> Tuna Salad
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