

Monday
Tuesday
Wednesday
Thursday
Friday

1

Hamburger or
Cheeseburger
Crinkle Cut Fries
Vegetarian Baked Beans

2

Golden Bear Bowl
Chicken Smackers
Mashed Potatoes
Corn WG Honey Biscuit



3

Pasta and Meat Sauce
WG Breadstick
Green Beans

4

National Comfort Food Day!
Mac & Cheese
WG Garlic Breadstick
Broccoli

5

Stuffed Crust Pizza
Garden Salad with
Italian Dressing

8

Fried Dough
Marinara Sauce
Mozzarella Cheese
Italian Green Beans

9

Chicken Nuggets
Smile Fries
WG Garlic Breadstick

10

Pasta and Meatballs
WG Garlic Knot
Broccoli



11

Cozy Combo
Grilled Cheese
Tomato Soup
Sweet Potato Fries

12

Cheese or Pepperoni
Pizza
Garden Salad with
Ranch Dressing

15

Meatless Monday!

Pizza Crunchers
Potato Wedges

16

Chicken Tenders
Crinkle Cut Fries
Texas Toast
Boom Boom Sauce

17

French Toast Sticks
Chicken Sausage Patty
Egg Patty
Hash Brown

18

National Twin Day!
Twin Beef Tacos in a
Crunchy Hard Shell
Shredded Cheese
Shredded Lettuce
Corn and Black Bean Salad
Salsa and Sour Cream
Bagel Pizza also Available

19

Personal Cheese Pizza
Garden Salad with
Italian Dressing

22

Winter Wonderland Lunch

Wonderland Shaped
Chicken Nuggets
WG Dinner Roll
Smile Fries
Jingle Icy Treat Cup

23

National Cookie Day!

Stuffed Crust Pizza
Garden Salad with
Ranch Dressing
Freshly Baked Cookie

24

No School

25

No School

26

No School

29

No School

30

No School

31

No School

DAILY ALTERNATIVE MEALS:
Sun Butter and Jelly Sandwich
Crispy Chicken Salads
Yogurt Parfait
Turkey or Ham Sandwich
Muffin Box

Everyday Offerings:
Assorted Fresh and Canned Fruit
Rainbow Veggie Tray
100% Fruit Juice
Choice of Unflavored Low fat or
Flavored Fat free Milk

All Meals include
choice of entrée, milk,
fruit, hot and cold
vegetable.
Must include
at least one fruit or
vegetable.

Harvest of the Month: Winter Squash

Winter squash might look tough on the outside, but inside it's sweet and full of goodness. It's rich in **vitamin C and fiber**, helping you stay strong and focused during the school day. 🍂

Fun Fact: In Connecticut, local farmers store winter squash in cool barns after harvest—it can last for months without spoiling! That's why it's called *winter* squash! ✨