


January 2018 Birch Grove Primary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Help Wanted Food & Nutrition Services See next page for more info</i></p>	<p>2</p> <p>Chicken Nuggets with a Soft Pretzel</p> <p>Yogurt & Bagel Plate</p> <p>Chilled Confetti Peas & Corn</p>	<p>3</p> <p>Mini Ravioli with Meatballs & Cheesy Garlic Breadsticks</p> <p>Tuna Sandwich on a Goldfish Roll with Goldfish Pretzels</p> <p>Broccoli Trees with Dressing</p>	<p>4</p> <p>Hot Dog on a Bun</p> <p>Cheeseburger on a Bun</p> <p>Sweet Potato Fries</p>	<p>5</p> <p>Nacho's with Cheese Sauce and Taco Meat</p> <p>Yogurt Parfait with a Soft Pretzel</p> <p>Roasted Cauliflower</p>
<p>8</p> <p>Freshly Made Cheese or Veggie Pizza</p> <p>Cereal & Yogurt Plate</p> <p>Garlic Parmesan Green Beans</p>	<p>9</p> <p>Hot Dog on a Bun</p> <p>French Toast with Sausage</p> <p>Baked Beans</p>	<p>10</p> <p>Pasta & Meatballs with Cheesy Garlic Breadsticks</p> <p>Hard Boiled Egg Plate <i>A whole egg with fresh veggies, cheese slice and a soft pretzel</i></p> <p>Crunchy Carrots</p>	<p>11</p> <p>Fun Shaped Chicken Nuggets with a Soft Roll</p> <p>Freshly Made Chili with Tortilla Chips</p> <p>Mashed Potato</p> <p>Jello with Whipped Cream</p>	<p>12 Early Release</p> <p>Popcorn Chicken with a Soft Roll</p> <p>Turkey Grinder with fun-sized chips</p> <p>Steamed Broccoli</p>
<p>Martin Luther King Jr's Birthday</p>  <p>January 15th No School</p>	<p>16</p> <p>Chicken Patty on a Soft Bun</p> <p>Yogurt & Muffin Plate</p> <p>Herbed Chick Pea Salad</p>	<p>17</p> <p>Mini Ravioli with Meatballs & Cheesy Garlic Breadsticks</p> <p>Turkey Sandwich with fun-sized chips</p> <p>Fruited Spinach Salad</p>	<p>18</p> <p>Mini Corn Dog Nuggets</p> <p>Pepperoni or Cheese Pizza</p> <p>Butternut Squash</p>	<p>19</p> <p>Chicken Tenders with a Breadstick</p> <p>Bagel, Egg & Sausage Breakfast Sandwich</p> <p>Sweet Peas</p>




**AVAILABLE
DAILY**

*Each meal includes an entrée
with a whole grain, a choice
of vegetables (students may
select two), a variety of
fruits and low-fat or
fat-free milk (plain or
flavored). Each child must
select at least three of the
five components including a
fruit or vegetable to
create a meal.*

*Without a fruit or
vegetable, a la carte prices
must be charged for each
item.*

**All Main Dish Grain Items
Are Whole Grain Rich!**



LUNCH PRICE


\$ 2.65

ALA CARTE

MILK .60

*Menus may change
without notice.*

January 2018 Birch Grove Primary School

<p>22</p> <p>Stuffed Crust Pizza</p> <p>SunButter & Jelly Sandwich</p> <p>Roasted Cauliflower</p>	<p>23</p> <p>Chicken Nuggets with a Soft Pretzel</p> <p>Ham & Cheese Melt with fun-sized chips</p> <p>2-Bean Salad</p>	<p>24</p> <p>Pasta & Meatballs with Cheesy Garlic Breadsticks</p> <p>Bagel & Yogurt Plate</p> <p>Broccoli Trees with dressing</p>	<p>25</p> <p>Mozzarella Sticks with Marinara Dipping Sauce</p> <p>Meatball Grinder</p> <p>Seasoned Carrots</p> <p>"Happy Birthday" Cake</p>	<p>26</p> <p>Popcorn Chicken with a Soft Roll</p> <p>Grilled Cheese Sandwich</p> <p>Sweet Kernel Corn</p>	<p>We provide</p> <p>FREE & REDUCED PRICE MEALS</p> <p>for all students who qualify. It's easy to apply and we accept applications all year.</p> <p>Learn more at www.tolland.k12.ct.us or call 860-870-6853</p>
<p>29</p> <p>Mozzarella Sticks with Marinara Dipping Sauce</p> <p>***New***</p> <p>Hummus Bento Box with a hardboiled egg, fresh veggies, Panini bread & Cheez-it crackers</p> <p>Steamed Spinach</p>	<p>30</p> <p>Hot Dog on a Bun</p> <p>Yogurt & Cereal Plate</p> <p>Cowboy Caviar</p>	<p>31</p> <p>Mini Ravioli with Meatballs & Cheesy Garlic Breadsticks</p> <p>Chicken Tender Wrap</p> <p>Celery Sticks</p>	<p>GERM WARFARE.</p> <p>The folks who work in your school restaurant wash their hands all the time! And YOU should wash your hands anytime you think they might be dirty. It's one of the easiest ways to fight germs and stay healthy!</p> <p>EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.</p> <p>WELLNESS IS A WAY OF LIFE!</p>		

HELP WANTED

FOOD & NUTRITION SERVICES

IS LOOKING FOR SUBSTITUTE WORKERS WHO MAY BE INTERESTED IN PERMANENT PART-TIME POSITIONS. WORK ONLY WHILE YOUR STUDENTS ARE IN SCHOOL.

PLEASE CONTACT KIM MECTEAU AT
860-870-6853 OR KMECTEAU@TOLLAND.K12.CT.US

January 2018 Birch Grove Primary School

Breakfast at Birch Grove Primary School is available daily
in the cafeteria for students and staff

BREAKFAST IS SERVED FROM 8:30-8:50
PICK UP IN THE CAFETERIA AND BRING TO YOUR CLASSROOM TO EAT!



Students must select at least three out of four food items offered
including one fruit or fruit juice:

1. **Milk** ~ Choice of one serving of either skim, low fat white, or nonfat flavored milk.
2. **Fruit** ~ May take one fruit juice and one fruit *or* two fruits but must select at least one or the other. Choices include 100% fruit juice, fresh, cupped or dried fruit.

TYPICAL CHOICES LISTED BELOW – Not all items available every day

Students may select one or two of the following items, depending on the offerings of the day

3. **Bread/Grains** ~ assorted whole grain cereal (daily), whole grain bagel, cereal bars, whole grain muffins and breads, breakfast buns, waffles, pancakes or French toast
4. **Protein Choices** ~ Chicken Sausage, eggs, cheese sticks, yogurt, sunflower or pumpkin seeds

Breakfast is \$1.75 for full paying students, .30 for those qualifying for reduced meals and free for those qualifying for free meals. Students may use their meal account to purchase breakfast.

Menu subject to change

This institution is an equal opportunity employer