



September 2017 Birch Grove Primary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>We have a new menu for you including many new items.</p> <p>Mondays are</p> <p>MEATLESS MONDAY!</p> <p>All of the items we offer each Monday at BGP are meatless!</p>		<p>30</p> <p>Cheese Pizza</p> <p>French Toast with Sausage</p> <p>Steamed Broccoli</p>	<p>31</p> <p>Hot Dog on a Bun</p> <p>Tuna Grinder with fun-sized chips</p> <p>Baked Beans</p>	<p>1</p> <p>Fun Shaped Chicken Nuggets with a Soft Roll</p> <p>Grilled Cheese Sandwich</p> <p>Oven Fries</p>	 <p>AVAILABLE DAILY</p> <p><i>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.</i></p> <p><i>Without a fruit or vegetable, a la carte prices must be charged for each item.</i></p> <p>All Main Dish Grain Items Are Whole Grain Rich!</p> <p>LUNCH PRICE</p> <p>\$ 2.65</p> <p>ALA CARTE</p> <p>MILK .60</p> <p>Menus may change without notice.</p>
	<p>5</p> <p>Chicken Patty on a Soft Bun</p> <p>***New***</p> <p>Yogurt & Muffin Plate</p> <p>Herbed Chick Pea Salad</p>	<p>6</p> <p>***New***</p> <p>Mini Ravioli (7) with Meatballs & Cheesy Garlic Breadsticks</p> <p>Turkey Sandwich with fun-sized chips</p> <p>Fruited Spinach Salad</p>	<p>7</p> <p>Mini Corn Dog Nuggets</p> <p>*** New***</p> <p>Pepperoni or Cheese Pizza</p> <p>Seasoned Carrots</p>	<p>8</p> <p>Chicken Tenders with a Breadstick</p> <p>***New***</p> <p>Bagel, Egg & Sausage Breakfast Sandwich</p> <p>Sweet Peas</p>	
<p>11</p> <p>Stuffed Crust Pizza</p> <p>***New***</p> <p>SunButter & Jelly Sandwich</p> <p>Roasted Cauliflower</p>	<p>12</p> <p>Chicken Nuggets with a Soft Pretzel</p> <p>***New***</p> <p>Ham & Cheese Melt with fun-sized chips</p> <p>2-Bean Salad</p>	<p>13</p> <p>Pasta & Meatballs with Cheesy Garlic Breadsticks</p> <p>Bagel & Yogurt Plate</p> <p>Broccoli Trees with dressing</p>	<p>14</p> <p>Mozzarella Sticks with Marinara Dipping Sauce</p> <p>Meatball Grinder</p> <p>Butternut Squash</p> <p>Jello Treat</p>	<p>15</p> <p>Popcorn Chicken with a Soft Roll</p> <p>Grilled Cheese Sandwich</p> <p>Sweet Kernel Corn</p>	

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<p>18</p> <p>Mozzarella Sticks with Marinara Dipping Sauce</p> <p>Hummus Plate with Veggies, Hard Boiled Egg and a Pretzel</p> <p>Steamed Spinach</p>	<p>19</p> <p>Hot Dog on a Bun</p> <p>Yogurt & Cereal Plate</p> <p>Cowboy Caviar</p>	<p>20</p> <p>***New***</p> <p>Mini Ravioli (7) with Meatballs & Cheesy Garlic Breadsticks</p> <p>Chicken Tender Wrap</p> <p>Celery Sticks</p>	<p>21</p> <p>***New***</p> <p>Pasta Alfredo <i>Penne Pasta with creamy Alfredo Sauce</i></p> <p>Turkey & Cheese Sandwich with fun-sized chips</p> <p>Fresh Baked Sweet Potato, with cinnamon spread</p>	<p>22</p> <p>Mini Corn Dog Nuggets</p> <p>Cinnamon Ham & Waffle Breakfast Sandwich with Roasted Vanilla Apples</p> <p>Potato Puffs</p>
<p>25</p> <p>Freshly Made White or Red Pizza</p> <p>Yogurt Parfait with a Soft Pretzel</p> <p>Green Beans</p>	<p>26</p> <p>Popcorn Chicken with a Soft Roll</p> <p>Grilled Cheese Sandwich</p> <p>Baked Beans</p>	<p>27</p> <p>Pasta & Meatballs with Cheesy Garlic Breadsticks</p> <p>Ham Sandwich with fun-sized chips</p> <p>Broccoli Salad</p>	<p>28</p> <p>Pizza Dippers with Marinara Sauce</p> <p>Tangerine Chicken Asian Rice Bowl</p> <p>Roasted Carrot Fries</p>	<p>29</p> <p>Fun Shaped Chicken Nuggets with a Roll</p> <p>***New***</p> <p>Fish Sticks With a side of Macaroni & Cheese</p> <p>Corn Salad "Happy Birthday Cookie"</p>



Free & Reduced Meal Applications

are available to download on line at the district website under Food Service

www.tolland.k12.ct.us

Paper applications are also available in your school office, or by calling

860-870-6853



SEE THE BREAKFAST MENU ON THE NEXT PAGE

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BIRCH GROVE PRIMARY SCHOOL

BREAKFAST MENU – 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