

Exhibit F

Consolidated School District of New Britain Grades K-12 Dinner Menu 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
02/03/2025	02/04/2025	02/05/2025	02/06/2025	02/07/2025
Beef Hot Dog on Bun (WG) Ketchup Mustard Baked Beans Applesauce Cup Milk	ChickenNuggets(WG) Ketchup BBQ Sauce WW Roll Baby Carrots Orange Slice Milk	Deep Dish Pizza Fresh Broccoli Bites Ranch Dressing Apple Slices Milk	Cheeseburger (GF) Ketchup Cucumber Coins Ranch Dressing Strawberry Cup Milk	Baked Chicken Tenders (WMM) BBQ Sauce Whole Wheat Dinner Roll Sweet Corn Fresh Apple
02/10/2025	02/11/2025	02/12/2025	02/13/2025	02/14/2025
Beef Hot Dog on Bun (WG) Ketchup Mustard Baked Beans Applesauce Cup Milk	Chicken Nuggets (WG) Ketchup BBQ Sauce WW Roll Baby Carrots Orange Slice Milk	Deep Dish Pizza Fresh Broccoli Bites Ranch Dressing Apple Slices Milk	Cheeseburger (GF) Ketchup Cucumber Coins Ranch Dressing Strawberry Cup Milk	Closed
02/17/2025	02/18/2025	02/19/2025	02/20/2025	02/21/2025
Closed	Chicken Nuggets (WG) Ketchup BBQ Sauce WG Roll Baby Carrots Orange Slice Milk	Deep Dish Pizza Fresh Broccoli Bites Ranch Dressing Apple Slices Milk	Cheeseburger (GF) Ketchup Cucumber Coins Ranch Dressing Strawberry Cup Milk	Baked Chicken Tenders (WMM) BBQ Sauce Whole Wheat Dinner Roll Sweet Corn Fresh Apple
02/24/2025	02/25/2025	02/26/2025	02/27/2025	02/28/2025
Beef Hot Dog on Bun (WG) Ketchup Mustard Baked Beans Applesauce Cup Milk	Chicken Nuggets (WG) Ketchup BBQ Sauce WG Roll Baby Carrots Orange Slice Milk	Deep Dish Pizza Fresh Broccoli Bites Ranch Dressing Apple Slices Milk	Cheeseburger (GF) Ketchup Cucumber Coins Ranch Dressing Strawberry Cup Milk	Baked Chicken Tenders (WMM) BBQ Sauce Whole Wheat Dinner Roll Sweet Corn Fresh Apple
		Daily Alternate Offerings:		
		All Meals Served with Milk: 1% white, Fat Free White, and Fat Free Flavored (all antibiotic and hormone free). WMM= Whole Muscle Meat; WG= Whole Grain Rich WG – Whole Grain Rich GF= Grass Fed		

This menu is reflective of current service and to demonstrate the quality, variety and standards that are to be used throughout the year.
Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the CACFP. This includes min-max calories, sat fat, sodium, specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.
This institution is an equal opportunity provider and employer.

Consolidated School District of New Britain Grades 9-12 Breakfast Menu 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
02/03/2025	02/04/2025	02/05/2025	02/06/2025	02/07/2025
WG Liege Waffles 100% Grape Juice Fresh Orange Milk	Sausage Egg & Cheese Burrito 100%Fruit Punch Banana Milk	Cinnamon French Toast 100% Orange Tangerine Juice Fresh Apple Milk	Egg & Cheese Sandwich on English Muffin (WG) 100% Apple Juice Raisins (Box) Milk	WG Pancakes 100% Grape Juice Apple Sauce Cup Milk
02/10/2025	02/11/2025	02/12/2025	02/13/2025	02/14/2025
Oatmeal Bar 100% Grape Juice Fresh Orange Milk	WG Pancakes 100% Fruit Punch Banana Milk	Sausage, Egg, and Cheese Sandwich 100% Orange Tangerine Juice Fresh Apple Milk	WG Liege Waffles 100% Apple Juice Raisins (Box) Milk	Closed
02/17/2025	02/18/2025	02/19/2025	02/20/2025	02/21/2025
Closed	WG Liege Waffles 100% Fruit Punch Juice Banana Milk	Cinnamon French Toast 100% Orange Tangerine Juice Fresh Apple Milk	Breakfast Pizza 100% Apple Juice Raisins (Box) Milk	McGriddle Sausage Sandwich 100% Grape Juice Apple Sauce Cp Milk
02/24/2025	02/25/2025	02/26/2025	02/27/2025	02/28/2025
Cinnamon French Toast 100% Grape Juice Fresh Orange Milk	Southwest Egg & Cheese Burrito 100% Fruit Punch Juice Banana Milk	Bacon, Egg, & Cheese Breakfast Sandwich 100% Orange Juice Fresh Apple Milk	WG Liege Waffles 100% Apple Juice Raisins (Box) Milk	Egg & Cheese Sandwich 100% Grape Juice Apple Sauce Cup Milk
		<u>Daily Breakfast Offerings</u> WG Reduced Sugar Cereals: Choose from Cinnamon Toast Crunch, Coco Puffs, Apple Jacks, Frosted Mini Wheats, Apple Cinnamon Cheerios, Cheerios, Golden Grahams, & Raisin Brans WG Bagel with Cream Cheese, Apple Strudel, Honey Bun, and Mini Cinnis, Assorted WG Muffins; Chose from Chocolate Chip, Double Chocolate Chip, Banana, Cherry, Blueberry Assorted WG Breads; Choose from Banana, Pumpkin, or Coco Fresh Fruit Daily at Breakfast: Served in conjunction with 100% fruit juice; total fruit offerings must equate to 1 cup or more. All meals served with Milk: 1% white, Fat Free White, and Fat Free Flavored (all antibiotic and hormone free) WG= Whole Grain Rich		

This menu is reflective of current service and to demonstrate the quality, variety and standards that are to be used throughout the year.

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Breakfast Program. This includes min-max calories, sat fat, sodium, specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.

This institution is an equal opportunity provider and employer.

Consolidated School District of New Britain Grades 9-12 Lunch Menu 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
02/03/2025	02/04/2025	02/05/2025	02/06/2025	02/07/2025
Mac & Cheese Chicken & Roasted Broccoli Mac & Cheese Steamed Carrots Milk	Honey Mustard Chicken Sauce & Toss Brown Rice Steamed Broccoli Milk	Veggie Frittata Bacon WG Biscuit Hashbrowns Milk	Jamaican Jerk Chicken Yellow Seasoned Rice Roasted Asparagus Milk	Buffalo Chicken Wings BBQ Chicken Wings Garlic Parmesan Chicken Wings Baby Carrots Celery Sticks WG Biscuit Pinto Beans Milk
02/10/2025	02/11/2025	02/12/2025	02/13/2025	02/14/2025
Grilled Cheese Sauteed Spinach Milk	Hot Honey Chicken Tenders Brown Rice Pilaf Buffalo Cauliflower Milk	Beef Stir Fry WW Dinner Roll Spicy Tomato Salad Apple Slices Milk	Buffalo Chicken Tater Tot Philly Cheesesteak Tater Tot Turkey Gravy Tater Tot Milk	Closed
02/17/2025	02/18/2025	02/19/2025	02/20/2025	02/21/2025
Closed	Chicken Torta Steamed Broccoli Milk	BBQ Pulled Pork Sandwich Sweet Corn Milk	General Tso's Chicken Brown Rice Roasted Asparagus Milk	Spicy Turkey Tacos Tropical Chicken Tacos (WG) Edamame Milk
02/24/2025	02/25/2025	02/26/2025	02/27/2025	02/28/2025
Berry Acai Bowl Sauteed Kale Milk	Chicken & Waffles Sweet Beet Salad Milk	Chicken Corn Dogs Tater Tot Milk	California Sushi Roll Veggie Sushi Roll Asian Slaw Miso Soup Edamame WW Dinner Roll Milk	Beef Tacos Chicken Tacos Cinnamon & Honey Roasted Chickpeas Milk
		Daily Lunch Offerings: Pizza Bar: Cheese and Daily Specials (Meat, Vegetable, Stromboli, Calzone, Flatbread). MTO Sandwich Deli with Boras Head Meat: WG Buns, Subs, Wraps, Paninis. MTO Nacho, Burrito, Taco Bowls (Mexi Chicken, Mexi Beef, Cheese Sauce, Pico de Gallo, Guacamole BYO Salad Bar: Make-your-own salad bar station with proteins and whole grains for reimbursable meals. Grab & Go: Yogurt Parfaits; WG PBJ Uncrustable; Honey Mustard Chicken Wrap; Buffalo Chicken Wrap; Salads (WG). Fresh Fruit Daily at Lunch may be in conjunction with 100% fruit juice; total fruit offerings must equate to 1 cup or more. Daily Vegetables: Fresh vegetable bar, and at least one hot option. Daily Fruits: Variety of fresh fruit offered daily. All Meals Served with Milk: 1% white, Fat Free White, and Fat Free Flavored (all antibiotic and hormone free). MTO= Made to Order, BYO= Build Your Own; WG= Whole Grain Rich; WMM= Whole Muscle Meat		

This menu is reflective of current service and to demonstrate the quality, variety and standards that are to be used throughout the year.

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch Program. This includes min-max calories, sat fat, sodium, specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.

This institution is an equal opportunity provider and employer.

This menu is to be used for the first 21 days of service and to demonstrate the quality, variety and standards that are to be used throughout the year.

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the CACFP. This includes min-max calories, sat fat, sodium, specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.

This institution is an equal opportunity provider and employer.

Consolidated School District of New Britain K-8 School Breakfast Menu 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
02/03/2025	02/04/2025	02/05/2025	02/06/2025	02/07/2025
Coco Puff Cereal 100% Orange Tangerine Juice Banana Milk	WG Chocolate Chip Muffin 100% Apple Juice Sliced Oranges Milk	Maple Mini Waffles 100% Grape Juice Apple Slices Milk	Cheerios Cereal 100% Fruit Punch Juice Raisins (Box) Milk	WG Chocolate Coco Bread 100% Fruit Punch Juice Applesauce Cup Milk
02/10/2025	02/11/2025	02/12/2025	02/13/2025	02/14/2025
Cinnamon Toast Crunch Cereal 100% Orange Tangerine Juice Banana Milk	WG Blueberry Bread Sliced 100% Apple Juice Sliced Oranges Milk	Cinnamon French Toast 100% Grape Juice Apple Slices Milk	Frosted Mini Wheats 100% Fruit Punch Juice Raisins (Box) Milk	Closed
02/17/2025	02/18/2025	02/19/2025	02/20/2025	02/21/2025
Closed	Cheerios Cereal 100% Apple Juice Sliced Oranges Milk	Mini Blueberry Waffles 100%Grape Juice Apple Slices Milk	WG Chocolate Chip Muffin 100% Fruit Punch Juice Raisins (Box) Milk	WG Sliced Banana Bread 100% Grape Juice Apple Sauce Cup
02/24/2025	02/25/2025	02/26/2025	02/27/2025	02/28/2025
Cinnamon French Toast Cereal 100% Orange Tangerine Juice Banana Milk	WG Sliced Pumpkin Bread 100% Apple Juice Sliced Oranges Milk	Apple Strudel 100% Grape Juice Apple Slices Milk	Frosted Mini Wheat Cereal 100% Fruit Punch Juice Raisins (Box) Milk	WG Blueberry Muffins 100% Fruit Punch Juice Applesauce Cup Milk
		Daily Breakfast Offerings Fresh Fruit Daily at Breakfast: Served in conjunction with 100% fruit juice; total fruit offerings must equate to 1 cup or more All meals served with Milk: All Meals Served with Milk: 1% white, Fat Free White, and Fat Free Flavored (all antibiotic and hormone free). All cereals Reduced Sugar and Whole Grain WG=Whole Grain Rich		

This menu is reflective of current service and to demonstrates the quality, variety and standards that are to be used throughout the year.

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Breakfast Program. This includes min-max calories, sat fat, sodium, specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.

This institution is an equal opportunity provider and employer.

Consolidated School District of New Britain K-8 Lunch Menu 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
02/03/2025 Cheesy Stuffed Bread ¼ Cup Tomato Sauce Cucumber Coins Strawberry Cup Milk	02/04/2025 Chicken Parmesan Sandwich Red Pepper Strips Mixed Fruit Cup Milk	02/05/2025 Soft Beef Taco Refried Beans Orange Milk	02/06/2025 BBQ Chicken Sauce & Toss Brown Rice Steamed Broccoli Apple Milk	02/07/2025 Cheese Pizza Pepperoni Pizza Corn Sliced Oranges Milk
02/10/2025 WG Pancakes Egg Patty Tater Tots Apple	02/11/2025 Beef Hot Dog on WG Bun Baked Beans Mixed Fruit Cup Milk	02/12/2025 Mac & Cheese Steamed Peas Apple Slices Milk	02/13/2025 Chicken Nuggets Seasoned Brown Rice Sweet Potato Fries Diced Pear Cup Milk	02/14/2025 Closed
02/17/2025 Closed	02/18/2025 Beef & Cheese Nachos Seasoned Brown Rice Sweet & Spicy Roasted Corn Apple Milk	02/19/2025 Chicken & Waffles Spicy Tomato Salad Sliced Oranges Milk	02/20/2025 Grass Fed Beef Cheeseburger Sweet Beet Salad Baby Carrot Diced Pear Cup Milk	02/21/2025 Cheese Pizza Pepperoni Pizza Pinto Bean Salad Apple Slices Milk
02/24/2025 Grilled Cheese Tomato Soup Caesar Salad Banana Milk	02/25/2025 Hot Honey Chicken Tender Spanish Style Rice Steamed Broccoli Apple Milk	02/26/2025 Cinnamon French Toast Sausage Patty Hashbrowns Mixed Fruit Cup Milk	02/27/2025 Pasta & Meatballs Garlic Bread Steamed Carrots Strawberry Cup Milk	02/28/2025 Cheese Pizza Pepperoni Pizza Black Beans Sliced Oranges Milk
		<u>Lunch Alternates</u>		
		Daily Alternates: Fruit Parfait, WG PB & J Uncrustable, Fresh Garden Salad with cheese with WG Dinner Roll, or Fresh Garden Salad and Garden Salad with Grilled chicken (WMM) served with WG Dinner Roll Vegetable Tray: Variety of fresh vegetables offered daily Hot Alternate Meals (Offered Daily): Grass Fed Beef Burger served on a WG hamburger bun, Whole muscle chicken patty served on a WG hamburger bun, Pepperoni Pizza, or Cheese Pizza Fresh Fruit Daily at Lunch may be in conjunction with 100% fruit juice; total fruit offerings must equate to 1 cup or more. All Meals Served with Milk: 1% White, Fat Free White and Flavored (all antibiotic and hormone free). WG= Whole Grain Rich		

This menu is reflective of current service and to demonstrate the quality, variety and standards that are to be used throughout the year.

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch Program. This includes min-max calories, sat fat, sodium, specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.

This institution is an equal opportunity provider and employer.

Consolidated School District of New Britain Pre-K & K-5 Lunch Menu 2024-2025

Monday	Tuesday	Wednesday	Thursday	Friday
02/03/2025	02/04/2025	02/05/2025	02/06/2025	02/07/2025
Cheesy Stuffed Bread ¼ Cup Tomato Sauce Cucumber Coins Strawberry Cup Milk	Chicken Parmesan Sandwich Red Pepper Strips Mixed Fruit Cup Milk	Soft Beef Taco Refried Beans Sliced Oranges Milk	BBQ Chicken Sauce & Toss Brown Rice Steamed Broccoli Fresh Apple Milk	Cheese Pizza Pepperoni Pizza Fiesta Corn Sliced Oranges Milk
02/10/2025	02/11/2025	02/12/2025	02/13/2025	02/14/2025
WG Pancakes Egg Patty Tater Tots Fresh Apple Milk	Beef Hot Dog on WG Bun Baked Beans Mixed Fruit Cup Milk	Mac & Cheese (WG) Steamed Peas Apple Slices Milk	Chicken Nuggets (WG) Brown Rice Sweet Potato Fries Diced Pear Cup Milk	Closed
02/17/2025	02/18/2025	02/19/2025	02/20/2025	02/21/2025
Closed	Beef & Cheese Nachos (WG) Brown Rice Sweet & Spicy Roasted Corn Fresh Corn Milk	Chicken & Waffles (WMM) Spicy Tomato Salad Sliced Oranges Milk	Grass Fed Beef Cheeseburger Sweet Beet Salad Baby Carrot Diced Pear Cup Milk	Cheese Pizza Pepperoni Pizza Pinto Bean Salad Apple Slices Milk
02/24/2025	02/25/2025	02/26/2025	02/27/2025	02/28/2025
Grilled Cheese Tomato Soup Caesar Salad Banana Milk	Hot Honey Chicken Tender Spanish Style Rice Steamed Broccoli Fresh Apple Milk	Cinnamon French Toast Sausage Patty Hashbrowns Mixed Fruit Cup Milk	Pasta & Meatballs Garlic Bread Steamed Carrots Strawberry Cup Milk	Cheese Pizza Pepperoni Pizza Black Beans Sliced Oranges Milk
		<u>Lunch Alternates</u>		
		Daily Alternates: Fruit Yogurt Parfait, WG PB & J Uncrustable, Fresh Garden Salad with cheese with WG Dinner Roll, or Fresh Garden Salad and Garden Salad with Grilled chicken (WMM) served with WG Dinner Roll Vegetable Rainbow Tray Available Daily Fresh Fruit Daily at Lunch may be in conjunction with 100% fruit juice; total fruit offerings must equate to 1 cup or more. All Meals Served with Milk: 1% White, Fat Free White and Flavored (all antibiotic and hormone free). WG= Whole Grain Rich WMM = Whole Muscle Meat GF = Grass Fed		

This menu is to be used for the first 21 days of service and to demonstrate the quality, variety and standards that are to be used throughout the year.

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch Program. This includes min-max calories, sat fat, sodium, specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.

This institution is an equal opportunity provider and employer.

Consolidated School District of New Britain Summer Breakfast Menu 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1	Day 2	Day 3	Day 4	Day 5
Frosted Flakes Cereal (WG) Breakfast Kit Fresh Banana Milk	Grab n Go Cinnamon Toast Crunch Fresh Orange Milk	Grab n Go Apple Cinnamon Muffin Pack Fresh Apple Milk	Grab & Go Coca Puffs Fresh Banana Milk	Grab & Go Chocolate Chip Muffin Pack Fresh Orange Milk
Day 6	Day 7	Day 8	Day 9	Day 10
Frosted Flakes Cereal (WG) Breakfast Kit Fresh Banana Milk	Grab n Go Cinnamon Toast Crunch Fresh Banana Milk	Grab n Go Apple Cinnamon Muffin Pack Fresh Apple Milk	Grab & Go Coca Puffs Fresh Banana Milk	Grab & Go Chocolate Chip Muffin Pack Fresh Orange Milk
Day 11	Day 12	Day 13	Day 14	Day 15
Frosted Flakes Cereal (WG) Breakfast Kit Fresh Banana Milk	Grab n Go Cinnamon Toast Crunch Fresh Banana Milk	Grab n Go Apple Cinnamon Muffin Pack Fresh Apple Milk	Grab & Go Coca Puffs Fresh Banana Milk	Grab & Go Chocolate Chip Muffin Pack Fresh Orange Milk
Day 16	Day 17	Day 18	Day 19	Day 20
Frosted Flakes Cereal (WG) Breakfast Kit Fresh Banana Milk	Grab n Go Cinnamon Toast Crunch Fresh Banana Milk	Grab n Go Apple Cinnamon Muffin Pack Fresh Apple Milk	Grab & Go Coca Puffs Fresh Banana Milk	Grab & Go Chocolate Chip Muffin Pack Fresh Orange Milk
Day 21		<u>Daily Alternate Breakfast</u> WG Reduced Sugar Cereals Assorted WG Muffins; Chose from Chocolate Chip, Double Chocolate Chip, Banana, Cherry, Blueberry Fresh Fruit daily at breakfast: Seasonal Harvest, 100% Fruit Juice Served daily All meals served with Milk: 1% White, Fat Free White and Flavored (all antibiotic and hormone free)		
Frosted Flakes Cereal (WG) Breakfast Kit Fresh Banana Milk				

This menu was used for Summer 2024 and used to demonstrate the quality, variety and standards that are to be used throughout the summer meals program

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the Summer Food Service Program.

This institution is an equal opportunity provider and employer.

Consolidated School District of New Britain Summer Lunch Menu 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1	Day 2	Day 3	Day 4	Day 5
Turkey and Cheese Sandwich (WG) Baby Carrots Fresh Apple Milk	BBQ Chicken Wrap (WG) Strawberry Cup Fresh Orange Milk	Ham and Cheese Sandwich Fresh Apple Fresh Pear Milk	Not – A Nut Butter Sandwich Fresh Apple Fresh Banana Milk	Chicken Caesar Wrap Fiesta Corn Fresh Apple Milk
Day 6	Day 7	Day 8	Day 9	Day 10
Turkey and Cheese Sandwich (WG) Baby Carrots Fresh Apple Milk	BBQ Chicken Wrap (WG) Strawberry Cup Fresh Orange Milk	Ham and Cheese Sandwich Fresh Apple Fresh Pear Milk	Not – A Nut Butter Sandwich Fresh Apple Fresh Banana Milk	Chicken Caesar Wrap Fiesta Corn Fresh Apple Milk
Day 11	Day 12	Day 13	Day 14	Day 15
Turkey and Cheese Sandwich (WG) Baby Carrots Fresh Apple Milk	BBQ Chicken Wrap (WG) Strawberry Cup Fresh Orange Milk	Ham and Cheese Sandwich Fresh Apple Fresh Pear Milk	Not – A Nut Butter Sandwich Fresh Apple Fresh Banana Milk	Chicken Caesar Wrap Fiesta Corn Fresh Apple Milk
Day 16	Day 17	Day 18	Day 19	Day 20
Turkey and Cheese Sandwich (WG) Baby Carrots Fresh Apple Milk	BBQ Chicken Wrap (WG) Strawberry Cup Fresh Orange Milk	Ham and Cheese Sandwich Fresh Apple Fresh Pear Milk	Not – A Nut Butter Sandwich Fresh Apple Fresh Banana Milk	Chicken Caesar Wrap Fiesta Corn Fresh Apple Milk
Day 21		<u>Daily Lunch Alternates</u> Fresh Fruit Daily: Seasonal Harvest Availability All meals served with Milk: 1% White, Fat Free White and Flavored (all antibiotic and hormone free).		
Turkey and Cheese Sandwich (WG) Baby Carrots Fresh Apple Milk	BBQ Chicken Wrap (WG) Strawberry Cup Fresh Orange Milk			

This menu was used for Summer 2024 and used to demonstrate the quality, variety and standards that are to be used throughout the summer meals program

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the Summer Food Service Program.

This institution is an equal opportunity provider and employer.