

Back to school

Menus for August/September 2022

BEECHER ROAD SCHOOL

This institution is an equal opportunity provider. Menus are subject to change.

AVAILABLE DAILY

Milk Offered with All Meals: Fat Free
Chocolate, 1% White, Fat Free White,
Lactaid

Entree Alternate: Assorted Sandwiches:
Turkey & Cheese, Turkey, Ham & Cheese,
Ham, and Cheese. Assorted Salads with
Chicken or Hard Boiled Egg, or a Yogurt
Bento Box. Rainbow Veggie Tray: May
include: Broccoli, Baby Carrots, Celery,
Cherry Tomatoes, Green Pepper, Bean
Salads, Cucumbers, Black Beans and Chick
Peas.

A Note from the Kitchen Supervisor

**ALL MEALS WILL be
FREE for the beginning
of the school year. We
have received SMART
money from the state of
CT to help with the
transition to full pay.
We encourage you to
apply for free or reduced
meals if you think your
family might qualify, so
you will be all set when
we transition to full pay
later in the year.
Please don't hesitate to
contact us with questions
by email at
jroddy@woodbridgesps.org
or by calling 203-389-
2195 ext. 149.**

Monday, August 29

-A-

Entree Alternate
Or

Waffle Bites,
Sausage Links
Potato Smiles
Applesauce

Tuesday, August 30

-B-

Entrée Alternate
Or

Chicken Tenders,
Green Beans Sweet Potato
Fries, Dinner Roll
Fruit Choices

Wed. August 31

-C-

Entrée Alternate
Or

ERNIE'S PIZZA
Quinoa Salad,
Carrot Sticks Fruit Choice

Thursday, Sept. 1

-D-

Entree Alternate
Or

Cheeseburger on a Roll
Lettuce and Tomato
Potato Wedge
Fruit Choices

Friday, September 2

-E-

Entree Alternate
Or
Beef Tacos with Cheese, Salsa,
Brown Rice, Green Beans
Black Bean Corn Salad
Fruit Choice

Tuesday, Sept. 6

-F-

Entrée Alternate
Or

Pancake Bite Mixed Veg

Sausage Links
Hash Browns
Fruit Choices

Wednesday, Sept. 7

-A-

Entrée Alternate
Or

Chicken Nuggets, Broccoli
Potato Wedges, Dinner Roll
Fruit Choices

Thursday, Sept. 8

-B-

Entrée Alternate
Or

Meatball Grinder
Salad, Potato Wedges
Fruit Choices

Friday, September 9

-C-

Entrée Alternate
Or

Pizza Wedge
Carrot Sticks
Garden Salad
Fruit



**NO SCHOOL
MONDAY,
SEPTEMBER 5**

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!



NUTRITION TO GO

Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR PARENTS

Monday, Sept. 12 -D- Entrée Alternate Or Cheese Ravioli, Bread stick Mixed Vegetables Fruit Choice	Tuesday, Sept. 13 -E- Entree Alternate Or Cheeseburger on a Roll Lettuce/Tomato French Fries Fruit Choices	Wednesday, Sept. 14 -F- EntréeAlternate Or ERNIE'S PIZZA Quinoa Salad, Carrot Sticks, Fruit Choice	Thursday, Sept. 15 -A- Entrée Alternate Or Chicken Tenders, Green Beans Sweet Potato Fries, Dinner Roll Fruit Choices	Friday, Sept. 16 -B- Entrée Alternate or Beef Tacos with Cheese, Salsa, Brown Rice, Green Beans Black Bean Corn Salad Fruit Choice
Monday, Sept. 19 -C- Entrée Alternate Or Pulled Pork on a roll Cole slaw French Fries Fruit Choice	Tuesday, Sept. 20 -D- Entrée Alternate Or Chicken Nuggets, Peas Potato Wedges, Dinner Roll Fruit Choices	Wednesday, Sept. 21 -E- Entree Alternate Or French Toast Bites, Sausage Links Potato Smiles Applesauce	Thursday, Sept. 22 -F- Entrée Alternate Or Grilled Cheese Sandwich Tomato Soup Corn, Hash Browns Fruit Choice	Friday, September 23 -A- Entrée Alternate Or Pizza Boli Carrot Sticks Garden Salad Fruit Choice
Monday, Sep. 26 Rosh Hashanah  No School Today	Tuesday, Sept. 27 -B- Entrée Alternate Or Chicken Tenders, Green Beans Sweet Potato Fries, Dinner Roll Fruit Choices	Wednesday, Sept. 28 -C- EntréeAlternate Or Cheese Ravioli, Bread stick Broccoli Fruit Choice	Thursday, Sept. 29 -D- Entree Alternate Or Waffle Bites, Sausage Links Potato Smiles Applesauce	Friday, September 30 -E- Entrée Alternate Or Pizza Wedge Carrot Sticks Garden Salad Fruit Choice