

## April 2024 Waterbury Public School Lunch Menu - Grades K-8

Thanks to the Community Eligibility Program, all our complete and nutritious meals are always **NO CHARGE** for all students, with no need to apply!

When available, we serve Reduced/Low Fat (RF), Reduced/Low Sodium (RN), and Reduced Sugar (RS) items

WG indicates this product is made with Whole Grains

Lunch includes a choice of milk: low fat white, fat free chocolate, fat free strawberry, or fat free lactaid milk

The City of Waterbury Public Schools Food Service is "pork free". No pork is served or sold through the Child Nutrition Programs in Waterbury.

The "Fresh Fruit and Vegetable Program" is offered at Waterbury schools. Free fresh fruit and vegetables are supplied and encouraged for snack during the school day.

April 2024 Waterbury Public School Lunch Menu - Grades K-8				
Monday	Tuesday	Wednesday	Thursday	Friday
April 1st	April 2nd	April 3rd	April 4th	April 5th
<b>Meatloaf with Gravy</b> <small>Mashed Potatoes, Diced Carrots WG Dinner Roll Chilled Fruit Low Fat Milk</small>	<b>Crispy Chicken Nuggets</b> <small>Peas, Chickpeas with Italian Dressing WG Dinner Roll, Ketchup 100% Fruit Juice Low Fat Milk</small>	<b>Beef &amp; Cheese Taco Stick</b> <small>Salsa, Corn Chilled Fruit Low Fat Milk</small>	<b>Mini Corn Dogs</b> <small>Buttered Green Beans, Cherry Tomatoes Ketchup, Assorted Dressing Chilled Fruit Low Fat Milk</small>	<b>Turkey Pepperoni Pizza</b> <small>Chopped Romaine, Celery Sticks Assorted Dressing 100% Fruit Juice Low Fat Milk</small>
April 8th	April 9th	April 10th	April 11th	April 12th
<b>Sweet &amp; Sour Meatballs with Rice</b> <small>California Blend, Celery Sticks Assorted Dressing, WG Dinner Roll 100% Fruit Juice Low Fat Milk</small>	<b>Crispy Chicken Strips</b> <small>Buttered Green Beans, Beets WG Dinner Roll, Ketchup Chilled Fruit Low Fat Milk</small>	<b>Eid Al-Fitr No School</b>	<b>Beef Burger on a WG Bun</b> <small>Sweet Potato Fries, Corn Ketchup, Assorted Dressing Chilled Fruit Low Fat Milk</small>	<b>Turkey Sausage Pizza</b> <small>Chopped Romaine, Cherry Tomatoes Assorted Dressing 100% Fruit Juice Low Fat Milk</small>
April 15th	April 16th	April 17th	April 18th	April 19th
<span style="font-size: 2em; font-weight: bold;">Spring Recess - No School</span>				
April 22nd	April 23rd	April 24th	April 25th	April 26th
<b>Cheese Quesadilla</b> <small>Salsa, Refried Beans 100% Fruit Juice Low Fat Milk</small>	<b>Breaded Chicken Filet &amp; Waffle</b> <small>Diced Carrots, Cole Slaw Syrup Chilled Fruit Low Fat Milk</small>	<b>Penne Pasta with Meatballs &amp; Marinara</b> <small>WG Dinner Roll, Green Beans Chilled Fruit Low Fat Milk</small>	<b>Breaded Beef Patty</b> <small>Buttered Peas, Celery Sticks Assorted Dressing, Ketchup Chilled Fruit Low Fat Milk WG Hamburger Roll, Doritos</small>	<b>Stuffed Crust Cheese Pizza</b> <small>Chopped Romaine, Cucumbers Assorted Dressing 100% Fruit Juice Low Fat Milk</small>
April 29th	April 30th			
<b>Grilled Chicken Parmesan</b> <small>WG Hamburger Bun Buttered Peas 100% Fruit Juice Low Fat Milk</small>	<b>Beef Taco</b> <small>Salsa, Pinto Beans Soft Tortilla, Scoops Chilled Fruit Low Fat Milk</small>	This Institution is an Equal Opportunity Provider		
Menu is Subject to Change 3/18/24	Modified Meals are available if needed. Please contact the Waterbury Food Service Department - 203-346-2376.		Second Choice School Lunch Meals are available 5 days per week	

End Hunger Connecticut is dedicated to ending hunger in the state by promoting access to good nutrition through federal nutrition assistance programs, speaking out to raise awareness of hunger and advocating for positive change of local, state and national programs.

The 5 Meal Components for School Lunch are Meat / Meat Alternate, Grain, Fruit, Vegetable and Milk.

Choose at least 3, including: 1/2 cup of fruit or vegetable and at least two other full components. For Best Nutrition, Choose ALL 5!!

What is SNAP? SNAP is the supplemental Nutrition Assistance Program which provides nutritional assistance to low-income households. The primary objective of the SNAP is to reduce hunger and improve the health and wellbeing of individuals and families currently facing food hardship by providing them with benefits accepted at local grocery stores and retailers to purchase healthy and nutritious foods. Call 1-866-974-SNAP (7627) or visit the website <https://www.ctfoodbank.org/get-help/snap-food-stamps211/>

Chilled Fruit is a choice of: Fresh Fruit, Cupped Applesauce, Diced Peaches, Sliced Peaches, Diced Pears or Fruit Cocktail.

Eat a variety of vegetables every week. Choose vegetables from all five vegetable groups: **Dark Green, Red / Orange, Beans and Peas (Legumes), Starchy** and the **Other**. **Be a Vegetable Super Hero!**

Visit: [www.waterbury.k12.ct.us](http://www.waterbury.k12.ct.us) - click to "Parents" and scroll down to "School Lunch Menus" - The Waterbury Wellness Policy can be viewed on this page.