

Lunch Grades 9-12



October 2024

<p>School Nutrition Programs Our meals meet strict federal nutrition standards, including limits for calories, sugar, saturated fat, and sodium.</p> <p>At least 80% of the grains offered per week are Whole Grain-Rich (WGR, WG)</p> <p>School Lunch Consists of a Meat / Meat Alternate, Grain, Fruit, Vegetable, & Milk. For best nutrition, we encourage you to choose all, however you must choose at least 3, including a fruit or vegetable and two other full components</p> <p>Waterbury's Wellness Policy Can be viewed at: https://rb.gv/70hgug</p> <p>Breakfast & Lunch Menus are posted on Parent Square.</p> <p>Additional Resources</p> <p>MyPlate </p> <p>End Hunger CT </p> <p>SNAP </p>	<p>Monday 30-Sep</p> <p>Surprise Lunch</p> <p>Assorted Vegetables 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>Tuesday 1-Oct</p> <p>Meatball Parmesan</p> <p>WG Grinder Roll, Marinara Sauce, Garlic-Buttered Green Beans 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>Wednesday 2-Oct</p> <p>Professional Development Day</p> <p>No School</p>	<p>Thursday 3-Oct</p> <p>Chicken Nuggets</p> <p>Fresh Celery Sticks with Ranch Dressing, Orange Glazed Carrots, BBQ Sauce WG Goldfish Crackers 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>Friday 4-Oct</p> <p>Cheese Pizza Sticks</p> <p>Marinara Sauce Fresh Chopped Romaine Assorted Dressing 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>Thanks to the Community Eligibility Program, all our complete and nutritious meals are served at NO CHARGE to all students, with no need to apply!</p> <p><i>Second Choice Meals are Offered Daily</i></p> <p><i>Modified Meals are available if needed.</i> Please contact the Waterbury Food Service Department (203)-346-2376</p> <p>WPS participates in the Fresh Fruit and Vegetable Program, where students are provided free fresh fruit & vegetables for a snack during the school day</p> <p>The City of Waterbury Schools Food Service is "Pork-Free" No pork is served or sold by our Child Nutrition Program.</p> <div style="border: 1px solid black; border-radius: 50%; padding: 10px; text-align: center;"> <p>This month's menu features Child Nutrition (CN)-labeled products from the following brands:</p>    </div> <p><i>This Institution is an Equal Opportunity Provider</i> Menu is Subject to Change 9/26/24</p>	
	<p>7-Oct</p> <p>Turkey with Gravy</p> <p>WG Stuffing, Seasoned Green Beans, Beet Salad WG Dinner Roll 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>8-Oct</p> <p>Taco Tuesday</p> <p>Salsa, Seasoned Corn WG Tortilla, Scoops 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>9-Oct</p> <p>CN Early Dismissal</p> <p>Cheeseburger Mac & Cheese</p> <p>Seasoned Peas, Chickpeas with Dressing, Biscuit 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>10-Oct</p> <p>Chicken & Waffle</p> <p>Fresh Cole Slaw, Sweet Potatoes Syrup 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>11-Oct</p> <p>French Bread Cheese Pizza</p> <p>Fresh Chopped Romaine Fresh Red Pepper Strips Assorted Dressing 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>		
	NATIONAL SCHOOL LUNCH WEEK: Oct. 14-18, 2024						
	<p>14-Oct</p> <p>Columbus / Indigenous People's Day</p> <p>No School</p>	<p>15-Oct</p> <p>Beef & Cheese Chalupa</p> <p>Salsa, Seasoned Corn Scoops 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>16-Oct</p> <p>CN Early Dismissal</p> <p>Grilled Chicken on a Ciabatta Bun</p> <p>Garlic-Buttered Green Beans, Sliced Carrots, Shredded Lettuce, Ketchup, Mayo, 100% Fruit Juice, Chilled Fruit, Low Fat Milk</p>	<p>17-Oct</p> <p>Meatloaf with Gravy</p> <p>Mashed Potatoes, Fresh Broccoli with Ranch Dressing WG Hamburger Bun 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>18-Oct</p> <p>Bagel Cheese Pizza</p> <p>Fresh Chopped Romaine Fresh Baby Carrots Assorted Dressing 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>		
	<p>21-Oct</p> <p>Teriyaki Popcorn Chicken</p> <p>Brown Rice, California Blend Vegetables, Celery Sticks with Ranch Dressing 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>22-Oct</p> <p>Cheeseburger</p> <p>WG Hamburger Bun Pickles, Fries, Ketchup 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>23-Oct</p> <p>CN Early Dismissal</p> <p>Penne Pasta with Meatballs & Marinara</p> <p>Garlic Stick, Italian-Seasoned Peas, 100% Fruit Juice, Chilled Fruit, Low Fat Milk</p>	<p>24-Oct</p> <p>Surprise Lunch</p> <p>Assorted Beans, Fresh Red Pepper Strips with Ranch 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>25-Oct</p> <p>4x6" Cheese Pizza</p> <p>Fresh Chopped Romaine Fresh Cherry Tomatoes Assorted Dressing 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>		
	<p>28-Oct</p> <p>Crispy Chicken Tenders</p> <p>WG Biscuit, Glazed Carrots, Beet Salad 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>29-Oct</p> <p>Mini Corn Dogs</p> <p>Buttered Corn, Vegetarian Baked Beans Ketchup 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>30-Oct</p> <p>CN Early Dismissal</p> <p>Homemade Mac & Cheese</p> <p>Seasoned Green Beans, Peas WG Dinner Roll 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>	<p>31-Oct</p> <p><i>Happy Halloween!</i></p> <p>Brunch for Lunch</p> <p>Pancake, Egg Patty, Turkey Sausage, Fresh Cucumbers, Fresh Carrot Sticks with Ranch Halloween Juice, Pudding Chilled Fruit, Low Fat Milk</p>	<p>1-Nov</p> <p>Turkey Pepperoni Pizza</p> <p>Chopped Romaine, Cherry Tomatoes Assorted Dressing 100% Fruit Juice, Chilled Fruit Low Fat Milk</p>		