

Killingly Public Schools PreK/Elementary Lunch Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	Day 1	Day 2	Day 3	Day 4
	Baked Chicken Tenders Cornbread Fresh Roasted Summer Squash Mixed Green Salad 1 Cup Fresh Apple Milk	WG Pancakes Scrambled Egg Oven Baked Tater Tots Sliced Cucumber ½ Cup Fresh Plum Milk	Cilantro, Lime Chicken Burrito Refried Pinto Beans Salsa ¼ Cup Grape Tomatoes ¼ Cup Fresh Orange Slices Milk	Cheese Pizza Caesar Salad Carrot Sticks ½ Cup Fresh Nectarine Milk
Day 5	Day 6	Day 7	Day 8	Day 9
WG French Toast Sticks Breakfast Sausage Oven Baked Tater Tots Three Bean Salad ½ Cup Fresh Watermelon ½ Cup Milk	Homemade Macaroni & Cheese Roasted Broccoli Mixed Green Salad 1 cup Fresh Apple Milk	Tangerine Dream Tangerine Chicken Rice Bowl Broccoli, Carrots, Bell Peppers Sliced Cucumber ½ Cup Fresh Orange Slices Milk	Corn Tortilla Chips, Seasoned Chicken, Salsa, Shredded Lettuce, Shredded Cheddar Fiesta Corn Black Bean Salsa ½ cup Fresh Apple Milk	Cheese Pizza Greek Side Salad Grape Tomatoes ½ Cup Fresh Peach Milk
Day 10	Day 11	Day 12	Day 13	Day 14
Hamburger, Cheeseburger, or Veggie Burger on a Bun Sweet Potato Fries Homemade Cole Slaw ½ Cup Fresh Peach Milk	Homemade Baked Penne Toasted Garlic Bread Roasted Broccoli Grape Tomatoes ½ cup Fresh Orange Slices Milk	Waffle, Baked Apple Crisp Breakfast Sausage Oven Baked Tater Tots Sliced Cucumber ½ Cup Fresh Plum Milk	Crispy Tacos Meat, Salsa, Shredded Cheddar Seasoned Rice & Beans Corn Salsa ½ Cup Fresh Apple Milk	Cheese Pizza Spinach Salad Three Bean Salad ½ Cup Fresh Apple Milk
Day 15	Day 16	Day 17	Day 18	Day 19
Cheesy Stuffed Breadsticks with Marinara Sauce Fresh Roasted Summer Squash Cherry Tomatoes ½ Cup Fresh Apple Milk	Baked Chicken Nuggets Fresh-Baked Biscuit BBQ Baked Beans Mixed Green Salad 1 Cup Fresh Watermelon ½ Cup Milk	BBQ Chicken Rice Bowl Chicken, BBQ Sauce, Brown Rice, Shredded Cheddar Seasoned Broccoli Sliced Cucumber ½ Cup Fresh Nectarine Milk	Corn Tortilla Chips, Spicy Pinto Bean Dip, Lettuce, Salsa, Shredded Cheddar Fiesta Corn ½ Cup Fresh Orange Slices Milk	Cheese Pizza Oven Baked Tater Tots Carrot Sticks ½ Cup Fresh Apple Milk
Day 20	Day 21	<p style="text-align: center;"><u>Cold Lunch Alternates</u></p> <p>Week 1: Meat & Cheese Protein Pack & Mixed Green Salad w/ Egg Week 2: Pretzel Boat Meal & Chicken Caesar Salad Week 3: Fruit & Yogurt Meal & Tuna Scoop Garden Salad Week 4: Peanut Butter/Sunbutter Jelly Sandwich & Turkey Sandwich</p> <p style="text-align: center;"><u>Must Offer Daily</u></p> <p>Fresh Fruit Daily 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).</p> <p style="text-align: right;">Grain items must be Whole Grain Rich</p>		
Grilled Cheese Sandwich Chicken Noodle Soup Baked Potato Wedges Cherry Tomatoes ½ Cup Fresh Plum Milk	Meatball Wedge Steamed Peas Sliced Cucumber ½ Cup Fresh Orange Slices Milk			

This menu is to be used 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.

Killingly Public Schools PreK/Elementary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Day 1	Day 2	Day 3	Day 4
	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk
Day 5	Day 6	Day 7	Day 8	Day 9
Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk
Day 10	Day 11	Day 12	Day 13	Day 14
Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk
Day 15	Day 16	Day 17	Day 18	Day 19
Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk
Day 20	Day 21	<u>Daily Breakfast Offerings</u> Breakfast is served in the classroom at the start of the day. Fresh Fruit Daily at Breakfast: may be in conjunction with 100% fruit juice; total fruit offerings must equate to 1 cup or more All meals served with Milk: 1% or Fat Free White (all antibiotic and hormone free)		
Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk	Grab & Go Cereal Meal; Whole Grain Bagel Meal; OR Whole Grain Muffin Meal 1 Cup Fruit Milk			

This menu is to be used 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.

Killingly Public Schools Secondary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	Day 1	Day 2	Day 3	Day 4
	Belgian Waffle with Caramelized Apples 1 Cup Fruit Milk	Fruity Parfait 1 Cup Fruit Milk	Bacon, Egg, and Cheese Corn Muffin Bowl 1 Cup Fruit Milk	Homemade Oatmeal Bar 1 Cup Fruit Milk
Day 5	Day 6	Day 7	Day 8	Day 9
Mango Pineapple Parfait 1 Cup Fruit Milk	Western Style Scrambled Egg Corn Muffin Bowl 1 Cup Fruit Milk	Belgian Waffle Parfait 1 Cup Fruit Milk	Homemade Smoothies 1 Cup Fruit Milk	Homemade Pancakes & Sausage Patty 1 Cup Fruit Milk
Day 10	Day 11	Day 12	Day 13	Day 14
Belgian Waffle with Caramelized Apples 1 Cup Fruit Milk	Sausage, Egg, & Cheese Sandwich 1 Cup Fruit Milk	Fruity Parfait 1 Cup Fruit Milk	Bacon, Egg, and Cheese Corn Muffin Bowl 1 Cup Fruit Milk	Homemade Oatmeal Bar 1 Cup Fruit Milk
Day 15	Day 16	Day 17	Day 18	Day 19
Belgian Waffle Parfait 1 Cup Fruit Milk	Western Style Scrambled Egg Corn Muffin Bowl 1 Cup Fruit Milk	Mango Pineapple Parfait 1 Cup Fruit Milk	Homemade Pancakes & Sausage Patty 1 Cup Fruit Milk	Homemade Smoothies 1 Cup Fruit Milk
Day 20	Day 21	<u>Daily Breakfast Offerings</u> Egg & Cheese Sandwich Whole Grain Bagel with butter or low fat cream cheese Assorted Yogurt Assorted Homemade Muffins Assorted Low Sugar Cereals Fresh Fruit Daily at Breakfast: may be in conjunction with 100% fruit juice; total fruit offerings must equate to 1 cup or more All meals served with Milk: 1% or Fat Free White (all antibiotic and hormone free)		
Fruity Parfait 1 Cup Fruit Milk	Homemade Oatmeal Bar 1 Cup Fruit Milk			

This menu is to be used 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.

Killingly Public Schools Secondary Lunch Menu 2022

Monday	Try it Tuesday	Wednesday	Thursday	Friday
	Day 1	Day 2	Day 3	Day 4
	Grilled Cheese on Pretzel Bun Chicken Noodle Soup Sweet Potato Fries Mixed Green Salad 1 Cup Fresh Apple Milk	Mango Chicken Lettuce Wraps Red peppers, Scallions, Cilantro and Mango Slices Homemade Slaw Sliced Cucumber ½ Cup Fresh Peach Milk	WG French Toast Sticks Warm Berry Topping Breakfast Sausage Baked Tater Tots Cherry Tomatoes ½ Cup Fresh Watermelon Milk	Boneless Chicken Wing Bar WMM Breaded Chicken Plain, BBQ, or Buffalo served with Cornbread BBQ Baked Beans Celery Sticks ½ Cup Ranch or Blue Cheese Dip Fresh Plum Milk
Day 5	Day 6	Day 7	Day 8	Day 9
Chicken Fajitas Chicken, Cilantro Lime Brown Rice, Peppers & Onions, Salsa Seasoned Black Beans Corn Salsa ½ Cup Fresh Orange Milk	WG Pancakes Homemade Apple Crisp Breakfast Sausage Baked Tater Tots Sliced Cucumber ½ Cup Fresh Plum Milk	Italian Pasta Bar WG Pasta with Marinara and Meatballs WG Garlic Breadstick Fresh Roasted Summer Squash Mixed Green Salad 1 Cup Fresh Apple Milk	WMM Breaded Chicken Tenders Cornbread Buffalo Roasted Broccoli Coleslaw ½ cup Fresh Apple Milk	BYO Burger Bar Beef, Turkey, or Veggie Burger with Cheese, Lettuce, Tomato, Onion, Pickle, on a WG Bun Baked Sweet Potato Fries Carrot Sticks ½ Cup Fresh Watermelon Milk
Day 10	Day 11	Day 12	Day 13	Day 14
WMM Breaded Chicken Tenders & Waffles, Warm Maple Syrup Hot Honey Brussels Sprouts Sliced Cucumber ½ Cup Fresh Nectarine Milk	Macaroni & Cheese Bar Diced Tomato, Scallion, Breadcrumbs, Parmesan Cheese, Buffalo Chicken Roasted Carrots Fresh Plum Milk	BYO Gyro Bar Chicken or Pork Souvlaki with Pita, Lettuce, Tomato, Onion, Tzatziki, Hummus Lemon-Herb Potato Wedges ½ Greek Side Salad 1 Cup Fresh Orange Milk	Baked Chicken Breast Seasoned Rice & Beans Baked Plantains Maduros Mixed Green Salad 1 Cup Fresh Peach Milk	BYO Nacho Bar Meat, Salsa, Shredded Cheddar, Guacamole, Scallion, Seasoned Pinto Beans Pico de Gallo ½ Cup Fresh Apple Milk
Day 15	Day 16	Day 17	Day 18	Day 19
Belgium Waffle Bar Breakfast Sausage Baked Tater Tots Sliced Cucumber ½ Cup Fresh Watermelon Milk	Italian Pasta Bar WG Pasta with Homemade Bolognese Roasted String Beans Mixed Green Salad 1 Cup Fresh Apple Milk	Carving Board: Marinated, Oven Roasted Turkey Breast w/ Gravy, WG Biscuit, Cranberry Sauce Sweet Potato Fries Cherry Tomatoes ½ Cup Fresh Nectarine Milk	BYO Burrito Bar Meat, Salsa, Shredded Cheddar, Shredded Lettuce, Pepper & Onion, Brown Rice Seasoned Black Beans Corn Salsa ½ Cup Fresh Orange Milk	Sweet & Sour WMM Chicken Fluffy Brown Rice Steamed Broccoli Bell Pepper Strips ½ Cup Fresh Orange Milk
Day 20	Day 21	Daily Lunch Offerings:		
Southern BBQ Chicken WG Biscuit Smoky Baked Beans Homemade Slaw ½ Cup Fresh Apple Milk	Baked Potato Bar Chili con Carne, Scallion, Sour Cream, Cilantro, Shredded Cheddar, Jalapeno Peppers Carrot Sticks ½ Cup Fresh Orange Milk	Pizza: Cheese and Weekly Specials (Meat, Vegetable, Stromboli, Calzone, Flatbread). Grill: Hamburger, Cheeseburger, Veggie Burger, WMM Breaded Chicken, Plus rotating weekly special which includes subs, wraps, & paninis. TexMex: Nacho/Taco available daily BYO Deli Bar (HS ONLY): Made-to-Order Sandwiches and Paninis on WG Breads, Rolls, Wraps. Grab & Go: Organic Yogurt Parfaits; Sandwiches; Salads (served with Tortilla Chips or WG Breadsticks); and Meal Platters. 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 Salad Bar, and at least two different hot options. 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 to be used 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.

Killingly Public Schools Summer 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	Day 1	Day 2	Day 3	Day 4
	Chicken Caesar Wrap Baby Carrots Assorted Fresh Fruit Milk	Turkey & Cheese Sweet Corn Salad Assorted Fresh Fruit Milk	Chicken Vegetable Pasta Salad Tossed Salad Assorted Fresh Fruit Milk	Ham & Cheese Garbanzo Beans Assorted Fresh Fruit Milk
Day 5	Day 6	Day 7	Day 8	Day 9
WG Bagel w/ Cream Cheese Low-Fat Yogurt String Cheese Sliced Cucumbers Assorted Fresh Fruit Milk	Chicken Caesar Pasta Salad Baby Carrots Assorted Fresh Fruit Milk	Turkey & Cheese Sweet Corn Salad Assorted Fresh Fruit Milk	Low-Fat Yogurt, Banana Bread, & Sunbutter pc Tossed Salad Assorted Fresh Fruit Milk	Ham & Cheese Garbanzo Beans Assorted Fresh Fruit Milk
Day 10	Day 11	Day 12	Day 13	Day 14
American Cheese on WG Pretzel Bun Sliced Cucumbers Assorted Fresh Fruit Milk	Chicken Caesar Wrap Baby Carrots Assorted Fresh Fruit Milk	Turkey & Cheese Sweet Corn Salad Assorted Fresh Fruit Milk	Chicken Vegetable Pasta Salad Tossed Salad Assorted Fresh Fruit Milk	Ham & Cheese Garbanzo Beans Assorted Fresh Fruit Milk
Day 15	Day 16	Day 17	Day 18	Day 19
WG Bagel w/ Cream Cheese Low-Fat Yogurt String Cheese Sliced Cucumbers Assorted Fresh Fruit Milk	Chicken Caesar Pasta Salad Baby Carrots Assorted Fresh Fruit Milk	Turkey & Cheese Sweet Corn Salad Assorted Fresh Fruit Milk	Low-Fat Yogurt, Banana Bread, & Sunbutter pc Tossed Salad Assorted Fresh Fruit Milk	Ham & Cheese Garbanzo Beans Assorted Fresh Fruit Milk
Day 20	Day 21	Menu Notes Fresh Assorted Fruit Daily Fresh Vegetables are provided with every lunch All meals served with Milk: 1% White, Fat Free White and Flavored (all antibiotic and hormone free).		
American Cheese on WG Pretzel Bun Sliced Cucumbers Assorted Fresh Fruit Milk	Chicken Caesar Wrap Baby Carrots Assorted Fresh Fruit Milk			

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.

Killingly Public Schools Afterschool Snack 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	Day 1	Day 2	Day 3	Day 4
	Graham Crackers Applesauce Cup	Hard Boiled Egg 1 cup Garden Salad w/ Ranch	WG Goldfish Crackers Fresh Pear	String Cheese Carrot Sticks/Ranch
Day 5	Day 6	Day 7	Day 8	Day 9
Yogurt Cup Cinnamon Sugar Breadsticks	Graham Crackers Applesauce Cup	Hard Boiled Egg 1 cup Garden Salad w/ Ranch	WG Goldfish Crackers Fresh Pear	String Cheese Carrot Sticks/Ranch
Day 10	Day 11	Day 12	Day 13	Day 14
Yogurt Cup Cinnamon Sugar Breadsticks	Graham Crackers Applesauce Cup	Hard Boiled Egg 1 cup Garden Salad w/ Ranch	WG Goldfish Crackers Fresh Pear	String Cheese Carrot Sticks/Ranch
Day 15	Day 16	Day 17	Day 18	Day 19
Yogurt Cup Cinnamon Sugar Breadsticks	Graham Crackers Applesauce Cup	Hard Boiled Egg 1 cup Garden Salad w/ Ranch	WG Goldfish Crackers Canned Pears Fresh Pear	String Cheese Carrot Sticks/Ranch
Day 20	Day 21	Menu Notes Grains must be whole grain rich		
Yogurt Cup Cinnamon Sugar Breadsticks	Graham Crackers Applesauce Cup			

The FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the Afterschool Snack Program
This institution is an equal opportunity provider and employer.