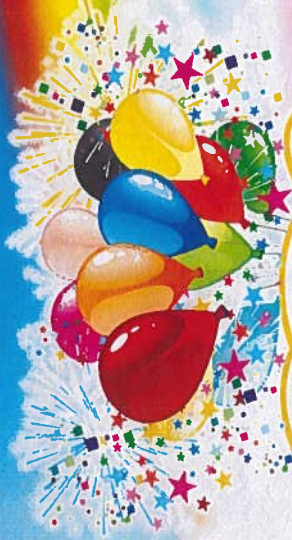


PreK-12 Menus  
for  
August &  
Sept.  
2022  
New Haven  
Public Schools

Menus subject to  
change without notice.



**Welcome Back**  
for **FOOD, FUN, & FITNESS!**



**Try to eat a**  
**RAINBOW**  
of different colors!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or  
[http://kidshealth.org/kid/stay\\_healthy/food/pyr/mid.htm](http://kidshealth.org/kid/stay_healthy/food/pyr/mid.htm)

**Monday Aug. 29**

PreK-8: French  
Toast Sticks, Egg  
Patty, Syrup

HS: Turkey  
Pepperoni  
Pinwheel

Choice of Two  
Salad Bar

100% Orange Juice  
Fresh Fruit or Fruit  
Cup

Choice of Milk  
1% or Skim

**Tuesday, Aug. 30**

Top your  
Hamburger or Black  
Bean Burger on a  
WG Bun

Choice of Two

Seasoned Sweet  
Potato Wedges,  
Salad Bar

Fresh Fruit or Fruit  
Cup

Choice of Milk  
1% or Skim

**Wednesday, Aug. 31**

Chicken Breast  
Filet on WG Bun

Choice of Two

Local Corn on the  
Cob  
Salad Bar

Fresh Fruit or Fruit  
Cup

Choice of Milk  
1% or Skim

**Thursday, Sept. 1**

Asian Beef Rib with  
Cole Slaw on a WG  
Sub Roll  
PreK: Beef Rib  
Patty on WG Roll

Choice of Two

Seasoned Green  
Beans  
Salad Bar  
Fruit Cup or  
Watermelon Slice

Choice of Milk  
1% or Skim

**Friday, Sept. 2**

Scratch Cheese or  
Veggie Pizza

Choice of Two

Romaine Salad  
Salad Bar

Fresh Fruit or Fruit  
Cup

Choice of Milk  
1% or Skim

**HAPPY  
LABOR DAY!**



Try not to be **BLUE**  
about **Summer's end** -  
enjoy the **last sweet**  
days of the season  
**BERRY** much!

**Wed., Sept. 7**

Steak Sandwich  
with or without  
Cheese, Onions  
and Peppers  
PreK: Hamburger  
on WG Roll

Choice of Two

Oven Fries  
Fresh Fruit or Fruit  
Cup

Choice of Milk  
Skim or 1% Low fat

**Thursday, Sept. 8**

Mesquite Chicken  
Pieces, WG  
Waffles, Syrup  
PreK: Chicken  
Strips

Choice of Two

Seasoned Corn  
Salad Bar  
Fruit Cup or  
Watermelon Slice

Choice of Milk  
1% or Skim

**Friday, Sept. 9**

Scratch Cheese or  
Veggie Pizza

Choice of Two

Romaine Salad  
Salad Bar

Fresh Fruit or Fruit  
Cup

Choice of Milk  
1% or Skim

**AVAILABLE DAILY**

\*\*Yogurt Plate

Deli Sandwich

\*\*Sunbutter and Jelly Sandwich

**Daily Special Varies:**

(i.e. \*\*Tuna Sandwich,

\*\*Egg Salad Sandwich, etc.)

# KIDS! Join us daily for the original value meal!

All of our complete meals are always **NO CHARGE** for all students with no need to submit an application, thanks to the Community Eligibility Program!

Meatless Mon., 9/12

PreK-8: WG Pancakes, Yogurt Cup, Cheese Stick, Syrup  
 HS: Philly Beef & Cheese Pinwheel  
Choice of Two  
 100% Orange Juice Salad Bar  
 Fresh Fruit or Fruit Cup  
Choice of Milk  
 1% or Skim

Tuesday, Sept. 13

**NO SCHOOL For Students**

Wed., Sept. 14

Beef Tacos in Hard or Soft Shell, Salsa  
Choice of Two  
 Seasoned Corn Salad Bar  
 Fresh Fruit or Fruit Cup  
Choice of Milk  
 1% or Skim

Thursday, Sept. 15

Mini All-beef Hotdogs on WG Rolls  
 PreK: Toasted Cheese Sandwich  
Choice of Two  
 Vegetarian Baked Beans Salad Bar  
 Fruit Cup or Watermelon Slice  
Choice of Milk  
 1% or Skim

Friday, Sept. 16

Scratch Cheese or Veggie Pizza  
Choice of Two  
 Romaine Salad Salad Bar  
 Fresh Fruit or Fruit Cup  
Choice of Milk  
 1% or Skim

Meatless Mon., 9/19

Toasted Cheese on WG Bread  
Choice of Two  
 Tomato Soup Salad Bar  
 Fresh Fruit or Fruit Cup  
Choice of Milk  
 1% or Skim

Tuesday, Sept. 20

Top Your Hamburger on a WG Bun  
Choice of Two  
 Seasoned Potato Wedges Salad Bar  
 Fresh Fruit or Fruit Cup  
Choice of Milk  
 1% or Skim

Wed., Sept. 21

Homemade Chicken Teriyaki WG Chow Mein Noodles  
Choice of Two  
 Seasoned Local Broccoli Salad Bar  
 Fresh Fruit or Fruit Cup  
Choice of Milk  
 1% or Skim

Thursday, Sept. 22

Chicken Fajita, Rice & Beans, WG Tortilla, Salsa  
Choice of Two  
 Seasoned Corn Salad Bar  
 Fruit Cup or Fresh Fruit  
Choice of Milk  
 1% or Skim

Friday, Sept. 23

Scratch Cheese or Veggie Pizza  
Choice of Two  
 Romaine Salad Salad Bar  
 Fresh Fruit or Fruit Cup  
Choice of Milk  
 1% or Skim

Meatless Mon., 9/26

**Rosh Hashanah**  
**Holiday**  
**Schools Closed**

Tuesday, Sept. 27

Chicken Breast Filet on WG Bun  
Choice of Two  
 Baked Sweet Potato Fries Salad Bar  
 Fresh Fruit or Fruit Cup  
Choice of Milk  
 1% or Skim

Wed., Sept. 28

Saucy Meatball Sub on WG Sub Roll  
Choice of Two  
 Seasoned Broccoli Salad Bar  
 Fresh Fruit or Fruit Cup  
Choice of Milk  
 1% or Skim

Thursday, Sept. 29

PreK-8: Egg Patty & Cheese on WG Biscuit  
 HS: Meatball Pinwheel  
Choice of Two  
 Orange Juice Salad Bar  
 Fresh Fruit or Fruit Cup  
Choice of Milk  
 1% or Skim

Friday, Sept. 30

Scratch Cheese or Veggie Pizza  
Choice of Two  
 Romaine Salad Salad Bar  
 Fresh Fruit or Fruit Cup  
Choice of Milk  
 1% or Skim

# DON'T GET! To make a lunch, choose at least one



or

NEW HAVEN SCHOOL DISTRICT  
 FOOD SERVICES