



Weston Intermediate School

January 2018

Hot Lunch Price: \$3.05 (includes hand fruit and choice of hormone free milk or bottled water) (Qualifying Reduced Price \$0.40)

Monday

Tuesday

Wednesday

Thursday

Friday

<p><u>New to the Menu</u></p> <p>The Daily Soup will now change weekly. Please refer to the first hot lunch menu of the week to see what soup will be offered each week.</p>	<p>2 Organic Mini Waffle- Applegate Farms (Nitrate Free) Natural Breakfast Sausage Blueberry Sauce DAILY SOUP-TOMATO BISQUE</p>	<p>3 Rainbow Cheese Tortellini- Enjoy Plain or with Tomato Cream Sauce Baby Peas and Sweet Onions</p>	<p>4 Hamburger- Grilled ¼ lb Angus Beef Burger Oven Baked Steak Fries Natural Ketchup add Cheddar Cheese \$0.60</p>	<p>5 Classic Cheese Pizza- Non GMO- Tomato Sauce with Extra Virgin Olive Oil Natural Mozzarella Cheese Fresh Seasoned Broccoli</p>
<p>8 Crispy Chicken Tenders- Fiesta Corn Sweet & Tangy BBQ Sauce DAILY SOUP-BROCCOLI CHEDDAR</p>	<p>9 French Toast- Cinnamon Sugar Challah French Toast Sticks Vanilla Cream Cheese Dip Oven Baked Potato Puffs</p>	<p>10 Barilla Pasta Bar- Choice of: White or Wheat Choice of: Non-GMO Tomato, Bolognese or Butter & Cheese Fresh Seasoned Green Beans</p>	<p>11 Nachos- Seasoned Angus Beef Natural Cheddar Cheese Sauce Crispy Tortilla Chips Salsa</p>	<p>12 Mini Pizza Bagel- Non GMO- Tomato Sauce with Extra Virgin Olive Oil Natural Mozzarella Cheese Fresh Seasoned Broccoli</p>
<p>15</p>	<p>16 Organic Mini Waffle- Applegate Farms (Nitrate Free) Natural Breakfast Sausage Blueberry Sauce DAILY SOUP- CHICKEN NOODLE</p>	<p>17 Rainbow Cheese Tortellini- Enjoy Plain or with Tomato Cream Sauce Baby Peas and Sweet Onions</p>	<p>18 Hot Dog- Hebrew National 100% Kosher Beef Hot Dog Oven Baked Steak Fries Natural Ketchup</p>	<p>19 Classic Cheese Pizza- Non GMO- Tomato Sauce with Extra Virgin Olive Oil Natural Mozzarella Cheese Fresh Seasoned Broccoli</p>
<p>22 Crispy Chicken Tenders- Fiesta Corn Sweet & Tangy BBQ Sauce DAILY SOUP- CORN CHOWDER</p>	<p>23 French Toast- Cinnamon Sugar Challah French Toast Sticks Vanilla Cream Cheese Dip Oven Baked Potato Puffs</p>	<p>24 Barilla Pasta Bar- Choice of: White or Wheat Choice of: Non-GMO Tomato, Bolognese or Butter & Cheese Fresh Seasoned Green Beans</p>	<p>25 Grilled Cheese Sandwich- Natural Cheddar Sliced Bread Roasted Carrot "Fries"</p>	<p>26 Mini Pizza Bagel- Non GMO- Tomato Sauce with Extra Virgin Olive Oil Natural Mozzarella Cheese Fresh Seasoned Broccoli</p>
<p>29 Crispy Chicken Tenders- Fiesta Corn Sweet & Tangy BBQ Sauce DAILY SOUP-PASTA FAGIOLI</p>	<p>30 Organic Mini Waffle- Applegate Farms (Nitrate Free) Natural Breakfast Sausage Blueberry Sauce</p>	<p>31 Rainbow Cheese Tortellini- Enjoy Plain or with Tomato Cream Sauce Baby Peas and Sweet Onions</p>	<p style="background-color: yellow;"> </p>	<p style="background-color: yellow;"> </p>

Daily A la Carte Offerings

In addition to our hot prix fixe menu, we also offer the following daily a la carte items at this location.....

Foods

Build your own Salad Bar \$0.46/ounce

Fresh Cut Fruit Salad Cup \$1.65

Cheese, Fresh Grapes and Cracker Cup \$2.85

Sun Butter and Organic Grape Jelly (non GMO) Sandwich \$2.50

Cereal Bowls (Gluten Free Cheerios or Reduced Sugar Apple Jacks) \$1.10

Siggi's Low Fat Yogurt Tubes (strawberry and blueberry) \$1.25

Bagel with Cream Cheese \$1.65

Assorted Grab & Go Boars Head Deli Sandwiches \$3.35

Mozzarella String Cheese \$0.65

Assorted Whole Fruit \$0.85

Stonyfield Organic Yogurt Parfait made with Nut Free Granola \$2.50

GoGo Squeez 100% Fruit, Apple Sauce Pouch \$1.50

Assorted Au Bon Pain Soups \$2.00 (non-GMO oyster crackers \$0.50)

Pudding Cup (Gluten Free) \$1.10

Beverage List

Dairy

(All Hormone Free) 2% White Milk or Skim Chocolate Milk \$0.65

Horizon Organic Low Fat Milk Box (chocolate or vanilla) \$2.10

Stonyfield Organic Yogurt and Fruit Smoothie \$1.20

Dairy Alternative

Silk Soy Milk (vanilla or chocolate) \$1.75

100% Fruit Juice

Apple & Eve Organic Apple Juice Box \$1.00

Tropicana Pure Premium Orange Juice \$1.25

Switch Sparkling Juice \$1.50

Water

Bottled Water \$0.65

.....Prepackaged Snack Items.....

Assorted Baked Lays \$1.10

Rold Gold Pretzels \$1.00

Assorted Sun Chips \$1.10

Kettle Brand Potato Chips (non GMO) \$1.00

Smartfood Popcorn \$1.00

Snikiddy Baked Cheese Puffs (non GMO) \$1.25

Good Health Veggie Straws (non GMO) \$1.60

Reduced Fat Doritos \$1.10

Fresh Baked Whole Grain Chocolate Chip Cookie \$.60

Whole Grain Scooby Cinnamon Sticks \$1.00

Nature's Bakery Brownie (non GMO) \$1.50

Whole Grain Muffin \$1.00

DID YOU KNOW?

We use 100% certified humane, antibiotic & hormone free Angus ground beef

Our eggs are cage free

We use ingredients that are free from high fructose corn syrup

We do not deep fat fry

Our deli meats are Boars Head Brand

We use regional farmers for fruits and vegetables (seasonally available)

We use sustainably caught, dolphin safe tuna

Our chicken is raised with a restricted antibiotic protocol

We use only natural cheeses in our kitchens

We do not use ingredients containing hydrogenated oils

Our meats are “whole muscle,” non-processed

Our milk is hormone free

Our fruit juices are 100% juice

Parents of Students with Allergies

Please note that our menu for the new school year (2017-2018) has many new items and ingredient sources. We ask that you contact us directly with questions regarding these new items and ingredients so we may continue to provide your child with safe lunch choices.

For families with newly diagnosed food allergies we ask that you contact us directly to discuss your child’s needs. We can create a customized eating plan for your child!

Parental Controls

We understand that parents may want to limit their child’s privileges to certain items available in the cafeteria. For more information about this service please contact our offices (203) 291-1656 so we may discuss this option with you.

The Culinary Services Program at Weston Public Schools

Director of Culinary: Andre Santelli, FMP

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Assistant Director of Culinary: Nick Bilello

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Chefs de Cuisine:

Hurlbutt Elementary School: Joe Miele

Weston Intermediate School: Mike Doucet

Weston Middle School: Linda Voulgarakis

Weston High School: Luis Cedeno

Nutrition:

Stephanie Noto RD, CDN

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Finance and Accounts:

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