

Exhibit F

Current Menus

Sacred Heart-ECC January 2020

2

4 Swedish Meatballs with Gravy &
1/2 Cup Steamed Brown Rice
1/2 Cup Roasted Beets
1/2 Cup of Chilled or Fresh Fruit
1 Cup 1% Milk

3

1 Slice Cheese Pizza made with Whole Grain Dough and Low-Fat Cheese
1/2 Cup Steamed Carrots
1/2 Cup Fresh or Chilled Fruit
1 Cup 1% Milk

All meals are served with a choice of entrée, vegetables, fruits and 1 Cup 1% unflavored milk.

6

Steamed Turkey
Hot Dog (Cut up) on a Whole Wheat Bun
1/2 Cup of Steamed Green Beans
1/2 Cup of Chilled or Fresh Fruit
1 Cup of 1% Milk

7

2 oz. Oven Baked Turkey & Gravy on Whole Wheat Dinner Roll
1/2 Cup Mashed Potatoes
1/2 Cup Fresh or Chilled Fruit
1 Cup 1% Milk

8

1.5 oz Beef Taco Salad with Lettuce, Shredded Cheese, & Tomato
1/2 Cup Southwest Black Bean
1/2 Cup Chilled or Fresh Fruit
1 Cup 1% Milk

9

1.5 oz Beef Meat Sauce over 1/2 Cup Whole Wheat Pasta
1/2 Cup Steamed Broccoli
1/2 Cup Fresh or Chilled Fruit
1 Cup 1% Milk

10

Cheesy French Bread made with Low-Fat Cheese & Whole Grain Dough
1/2 Cup Sweet Potato Fries
1/2 Cup Fresh or Chilled Fruit
1 Cup 1% Milk

All food items are baked, boiled, or served fresh. No frying!

13

Chicken Corn Dog with Whole Grain Dough
1/2 Cup of Steamed Carrots
1/2 Cup Fresh and Chilled Fruit
1 Cup of 1% Milk

14

Cheeseburger with Lettuce & Tomato on a Whole Wheat Bun
1/2 Cup Oven Baked French Fries
1/2 Cup Fresh or Chilled Fruit
1 Cup 1% Milk

15

4 oz Popcorn Chicken with BBQ Sauce
1/2 Cup Steamed Brown Rice
1/2 Cup Seasoned Black Beans
1/2 Cup Fresh or Chilled Fruit
1 Cup 1% Milk

16

4 Meatballs with Marinara Sauce & 1/2 Cup Whole Wheat Penne Pasta
1/2 Cup Fresh Cucumbers with Dip
1/2 Cup Chilled or Fresh Fruit
1 Cup 1% Milk

17

1 Slice Cheese Pizza made with Whole Grain Dough and Low-Fat Cheese
1 Cup Garden Salad
1/2 Cup Fresh or Chilled Fruit
1 Cup 1% Milk

100% of are grains are whole grain rich!

20

21

Chicken & Cheese Quesadilla on a Whole Wheat Wrap
1/2 Cup of Celery Sticks with Dip
1/2 Cup of Chilled or Fresh Fruit
1 Cup of 1% Milk

22

Turkey Sausage and Whole Grain Waffle
1/2 Cup of Tater Tots
1/2 Cup of Chilled or Fresh Fruit
1 Cup of 1% Milk

23

4 oz Turkey Taco Salad with Lettuce, Shredded Cheese, & Tomato
1/2 Cup Southwest Black Beans
1/2 Cup Chilled or Fresh Fruit
1 Cup 1% Milk

24

Cheesy French Bread made with Low-Fat Cheese & Whole Grain Dough
1/2 Cup Steamed Carrots
1/2 Cup Fresh or Chilled Fruit
1 Cup 1% Milk

27

Oven Baked Chicken Patty on a Whole Wheat Bun
1/2 Cup Steamed Corn
1/2 Cup Chilled or Fresh Fruit
1 Cup 1% Milk

28

3 Mozzarella Sticks (cut up) with Marinara & a Whole Wheat Dinner Roll
1/2 Cup Sweet Potato Fries
1/2 Cup Fresh or Chilled Fruit
1 Cup 1% Milk

29

4 Oven Baked Chicken Nuggets with 1/2 Cup Steamed Brown Rice
1/2 Cup Roasted Garbanzo Beans
1/2 Cup Chilled or Fresh Fruit
1 Cup 1% Milk

30

1/2 Cup Homemade Mac & Cheese With Whole Wheat Macaroni (V) and a Whole Wheat Roll
1/2 Cup Green Beans
1/2 Cup Fresh or Chilled Fruit
1 Cup 1% Milk

31

1 Slice Cheese Pizza made with Whole Grain Dough and Low-Fat Cheese
1 Cup Garden Salad
1/2 Cup Fresh or Chilled Fruit
1 Cup 1% Milk

MONDAY

Daily Alternative Selections:
Sandwich Selection
Chicken Patty Hamburger
Cheeseburger
Cheese Sandwich
Pizza Meal
Salads

TUESDAY

Free and Reduced Meal Applications are available online at our website.
 Call us at (203) 797-4746 or visit our website
<https://sites.google.com/m/a/danbury.k12.ct.us/danbury-school-lunch-program/>

WEDNESDAY

THURSDAY

FRIDAY

All reimbursable meals are served with a choice of entrée, vegetable, fruit & low fat or fat free milk variety.

6

Cheesy French Bread Pizza (made with Low-Fat Cheese on a Whole Wheat Bread)
 Roasted Garbanzo Beans
 Chilled or Fresh Fruit
 Weekly Alternative Selections: Italian Sub Sandwich Chicken BLT Salad

7

One Hour Early Dismissal
 One Hour Early Release
 Steamed Turkey Hot Dog on a Whole Wheat Bun
 Steamed Corn
 Chilled or Fresh Fruit

8

Oven Baked Chicken Patty on a Whole Wheat Bun Cucumber with Dip
 Chilled or Fresh Fruit

9

American Cheeseburger (topped with lettuce & tomatoes) on a Whole Wheat Bun
 Oven Baked Sweet Potato Fries
 Chilled or Fresh Fruit

10

Hand Tossed Cheese or Pepperoni Pizza made with Whole Grain & Low-Fat Cheese
 Fresh Garden Salad
 Chilled or Fresh Fruit

Create a healthy plate with fruits and veggies - you can take up to 2 each with your meal!

13

Baked Chicken Corn Dog Vegetarian
 Baked Beans Chilled or Fresh Fruit
 Weekly Alternative Selections: Chicken Salad Sandwich Chicken Caesar Salad

14

Chicken Parmesan Sandwich on Whole Grain Kaiser Roll
 Baby Carrots with Dip
 Chilled or Fresh Fruit

15

Oven Baked Mozzarella Sticks with Marinara & a Whole Wheat Dinner Roll
 Celery Sticks with Dip
 Chilled or Fresh Fruit

16

Homemade Mac & Cheese with Whole Grain Dinner Roll
 Steamed Broccoli
 Chilled or Fresh Fruit

17

Hand Tossed Cheese or Pepperoni Pizza made with Whole Grain & Low-Fat Cheese
 Steamed Corn
 Chilled or Fresh Fruit

Calories: 600-700, Saturated Fat: <10%, Sodium <1035mg, Trans Fat: 0g

20

Steamed Turkey Hot Dog on a Whole Wheat Bun
 Vegetarian Baked Beans Chilled or Fresh Fruit
 Weekly Alternative Selections: Tuna Salad Sandwich Cobb Salad

21

22

Mozzarella Stuffed Whole Grain Bread Sticks with Marinara Sauce
 Fresh Carrots Sticks with Dip
 Chilled or Fresh Fruit

23

Homemade Whole Wheat Penne Pasta with Meat Sauce, Shredded Cheese & Whole Grain Dinner Roll
 Steamed Mixed Vegetables
 Chilled or Fresh Fruit

24

Hand Tossed Cheese or Pepperoni Pizza made with Whole Grain & Low-Fat Cheese
 Fresh Garden Salad
 Chilled or Fresh Fruit

Daily Sides: Assorted Chilled Fruit, Assorted Fresh Fruit & Assorted Fresh Veggies

27

4" Round Galaxy Pizza
 Fresh Carrots Sticks with Dip Chilled or Fresh Fruit
 Weekly Alternative Selections: Turkey & Cheese Sandwich Cheesy Garden Salad

28

One Hour Early Release
 Oven Baked Popcorn
 Chicken with Sweet N' Sour Sauce over Steamed Brown Rice
 Roasted Garbanzo Beans
 Chilled or Fresh Fruit

29

Italian Style Meatball Sub with Marinara & Mozzarella on a Whole Wheat Bun
 Steamed Green Beans
 Chilled or Fresh Fruit

30

Homemade Chicken & Cheese Nachos with Lettuce, Tomato & Low-Fat Cheese
 Steamed Corn
 Chilled or Fresh Fruit

31

Hand Tossed Cheese or Pepperoni Pizza made with Whole Grain & Low-Fat Cheese
 Fresh Garden Salad
 Chilled or Fresh Fruit

Middle Schools - JANUARY 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Alternative Selections:
Sandwich Selection
Chicken Patty
Hamburger
Cheeseburger
Cheese Sandwich
Pizza Meal
Salads

Free and Reduced Meal Applications are available online at our website. Call us at (203) 797-4746 or visit our website <https://sites.google.com/a/danbury.k12.ct.us/danbury-school-lunch-program/>

2
Cheesy French Bread
Pizza

Carrots with Dip

3
Chicken & Whole Grain Waffle With Syrup

Oven Baked Tater Tots

All reimbursable meals are served with a choice of entrée, vegetable, fruit & low fat or fat free milk variety.

6

7

8

9

10

Mozzarella Stuffed Whole Grain Bread Sticks with Marinara Sauce

Baby Carrots with Dip

One Hour Early Dismissal
Oven Baked Popcorn Chicken with Barbecue Sauce over Steamed Brown Rice

Oven Baked Sweet Potato Fries

Chili Cheese Turkey Hot Dog on a Whole Wheat Bun

Baked Beans

Baked Potato with Choice of Chili, Cheese and Broccoli & Whole Grain Pretzel

Homemade Chicken Nachos With Lettuce, Tomato & Shredded Cheese

Steamed Corn

Create a healthy plate with fruits and veggies - you can take up to 2 each with your meal!

13

14

15

16

17

Oven Baked Chicken Nuggets with a Whole Wheat Dinner Roll

Oven Baked Sweet Potato Fries

Italian Meatball Sub on a Whole Wheat Roll

Roasted Garbanzo Beans

Whole Grain Baked Chicken Corn Dog

Cucumbers with Dip

Homemade Sloppy Joe on a Whole Wheat Bun

Steamed Corn

Mac & Cheese & Whole Grain Dinner Roll

Steamed Broccoli

Calories: 600-700, Saturated Fat: <10%, Sodium <1035mg, Trans Fat: 0g

20

21

22

23

24

Chicken Parmesan Sandwich on Whole Grain Kaiser Roll

Baby Carrots with Dip

Beef Nachos With Lettuce, Tomatoes & Shredded Cheese

Southwest Black Beans

Chicken Alfredo with Broccoli over Penne Pasta & Whole Grain Dinner Roll

Steamed Corn

Thai Sweet Chili Chicken With Brown Rice

Steamed Mixed Vegetabl

Daily Sides: Assorted Chilled Fruit, Assorted Fresh Fruit & Assorted Fresh Veggies

27

28

29

30

31

4" Round Galaxy Pizza

Fresh Celery Sticks with Dip

One Hour Early Dismissal
French Toast Sticks with Turkey Sausage

Oven Baked French Fries

Chili Cheese Turkey Hot Dog on a Whole Wheat Bun

Baked Beans

Rib-B- Q Sandwich on a Whole Wheat Bun

Garden Salad

Homemade Whole Wheat Penne Pasta with Meat Sauce, Shredded Cheese & Whole Grain Dinner Roll
Baby Carrots with Dip

This initiation is an equal opportunity provider.

Breakfast is Offered Every day!

Lunch Price: \$3.10 Paid \$0.40 Reduced
Breakfast Price: \$1.35 Paid/\$0.30 Reduced

HIGH SCHOOL - January 2020

MONDAY

Free and Reduced Meal Applications are available online at our website. Call us at (203) 797-4746 or visit our website under the Parents and Students tab on the Danbury Public Schools Webpage
<https://sites.google.com/a/danbury.k12.ct.us/danbury-school-lunch-program/>

TUESDAY

Daily Alternative Selections:
Sandwich Selection
Salad Selection (V)
Chicken Patty
Hamburger
Cheeseburger
Cheese Sandwich
Pizza Meal

WEDNESDAY

1

THURSDAY

2

Steamed Turkey
 Hot Dog on a Whole Wheat Bun

FRIDAY

3

Thai Sweet Chili Chicken
 With Brown Rice

Baked Beans

Steamed Mixed Vegetables

Calories: 750-850, Saturated Fat :<10%, Sodium: 1420mg, Trans Fat: 0g

6

Mozzarella Stuffed Whole Grain Bread Sticks with Marinara Sauce

Celery Sticks with Dip

7

One Hour Early release

Whole Grain Baked Chicken Corn Dog

Baked Beans

8

Whole Wheat Penne Pasta with Meat Sauce & Dinner Roll

Steamed Carrots

9

Chicken & Whole Grain Waffle With Syrup

Oven Baked French Fries

10

Sausage & Peppers Sub on a Whole Wheat Roll

Fresh Spinach Salad

All meals are served with a choice of entree, vegetables and fruits, and milk choice

13

Oven Baked Chicken Nuggets with a Whole Wheat Dinner Roll

Oven Baked Sweet Potato Fries

14

Cheesy French Bread Pizza

Fresh Garden Salad

15

Baked Potato with Choice of Chili, Cheese and Broccoli & Whole Grain Pretzel

16

Homemade Sloppy Joe on a Whole Wheat Bun

Baked Beans

17

Chicken Parmesan Sandwich on Whole Grain Kaiser Roll

Steamed Green Beans

Fill your tray - take at least one fruit or vegetable with each meal!

20

Fish Sandwich on a Whole Wheat Bun

Homemade Coleslaw

22

Popcorn Chicken Bowl with Mashed Potatoes with Gravy and Corn

Roasted Garbanzo Beans

23

Chicken Alfredo with Broccoli over Penne Pasta & Whole Grain Dinner Roll

Steamed Carrots

24

Chili Cheese Turkey Hot Dog on a Whole Wheat Bun

Baked Beans

All Grains are Whole Grain Rich/ Assorted Fresh Fruit Available Daily

27

Mac & Cheese with Whole Wheat Macaroni & Whole Wheat Dinner Roll

Steamed Broccoli

28

One Hour Early release

Homestyle Meatball Grinder with Marinara Sauce & Mozzarella

Celery with Dip

29

Grilled Ham & Cheese Sandwich with Tomato Soup

30

Turkey & Gravy with Whole Wheat Dinner Roll

Mashed Potatoes

Ham, Egg and Cheese Sandwich on Whole Grain English Muffin

Oven Baked Sweet Potato Fries

Menu is Subject to Change. USDA is an equal opportunity provider and employer.

Breakfast is Offered Daily

Lunch Price: \$3.10 Paid/\$0.40 Reduce
 Breakfast Price:\$1.35 Paid/\$0.30

Broadview Middle School

Snacks

▪ Mott's Medleys Fruit Snacks	\$.85
▪ Hartzels Pretzels/.70 oz.	\$.75
▪ Baked Lays Chips/1.125 oz.	\$1.00
▪ Funyons/.75 oz.	\$.75
▪ Smartfood Popcorn	\$.75
▪ Special K Cracker Chips	\$1.25
▪ Cheez-its/Cheetos Puffs	\$.75
▪ Doritos/1 oz.	\$.75
▪ Chex Mix	\$1.00
▪ Sun Chips/.875 oz.	\$.75
▪ Flamas/1 oz.	\$.75
▪ Doritos Wild White Nacho/1 oz.	\$.85
▪ Cheetos Chili Cheese/1 oz.	\$1.00
▪ Cheetos Flamin Hot/1 oz.	\$.75
▪ Soft Pretzel	\$1.00
▪ Nutrigrain Grain Bar	\$1.00
▪ GM Breakfast Bar	\$1.00
▪ Nature Valley Bar	\$1.00
▪ Home-Baked Cookie	\$.35
▪ Pop Tart	\$1.00
▪ Rice Krispie Treat	\$1.00
▪ Snapple – can	\$1.25
▪ Bottled Water/16.9 oz.	\$1.25
▪ Tropicana Juice	\$2.00
▪ Naked Juice	\$2.50
▪ Switch - beverage	\$1.50
▪ Ice Cream	\$1.00
▪ Frosty Fruit Slush	\$1.50

Danbury High School

Snacks

▪ Mott's Medleys Fruit Snacks	\$.85
▪ Hartzels Pretzels/.70 oz.	\$.75
▪ Baked Lays Chips/1.125 oz.	\$1.00
▪ Funyons/.75 oz.	\$.75
▪ Smartfood Popcorn	\$.75
▪ Special K Cracker Chips	\$1.25
▪ Cheez-its/Cheetos Puffs	\$.75
▪ Doritos/1 oz.	\$.75
▪ Chex Mix	\$1.00
▪ Sun Chips/.875 oz.	\$.75
▪ Flamas/1 oz.	\$.75
▪ Doritos Wild White Nacho/1 oz.	\$.85
▪ Cheetos Chili Cheese/1 oz.	\$1.00
▪ Cheetos Flamin Hot/1 oz.	\$.75
▪ Soft Pretzel	\$1.00
▪ Nutrigrain Grain Bar	\$1.00
▪ GM Breakfast Bar	\$1.00
▪ Nature Valley Bar	\$1.00
▪ Muffin	\$1.00
▪ Home-Baked Cookie	\$.35
▪ Pop Tart	\$1.00
▪ Rice Krispie Treat	\$1.00
▪ String Cheese	\$.75
▪ Yogurt Parfait	\$1.50
▪ Snapple – can	\$1.25
▪ Bottled Water/16.9 oz.	\$1.25
▪ Polar Seltzer	\$1.45
▪ Tropicana Juice	\$2.00
▪ Naked Juice	\$2.50
▪ Switch - beverage	\$1.50
▪ Ice Cream	\$1.00
▪ Frosty Fruit Slush	\$1.50

Rogers Park Middle School

Snacks

▪ Mott's Medleys Fruit Snacks	\$.85
▪ Hartzels Pretzels/.70 oz.	\$.75
▪ Baked Lays Chips/1.125 oz.	\$1.00
▪ Funyons/.75 oz.	\$.75
▪ Smartfood Popcorn	\$.75
▪ Special K Cracker Chips	\$1.25
▪ Cheez-its/Cheetos Puffs	\$.75
▪ Doritos/1 oz.	\$.75
▪ Chex Mix	\$1.00
▪ Sun Chips/.875 oz.	\$.75
▪ Flamas/1 oz.	\$.75
▪ Doritos Wild White Nacho/1 oz.	\$.85
▪ Cheetos Chili Cheese/1 oz.	\$1.00
▪ Cheetos Flamin Hot/1 oz.	\$.75
▪ Soft Pretzel	\$1.00
▪ Nutrigrain Grain Bar	\$1.00
▪ GM Breakfast Bar	\$1.00
▪ Nature Valley Bar	\$1.00
▪ Home-Baked Cookie	\$.35
▪ Pop Tart	\$1.00
▪ Rice Krispie Treat	\$1.00
▪ Snapple – can	\$1.25
▪ Bottled Water/16.9 oz.	\$1.25
▪ Tropicana Juice	\$2.00
▪ Naked Juice	\$2.50
▪ Switch - beverage	\$1.50
▪ Ice Cream	\$1.00
▪ Frosty Fruit Slush	\$1.50