






This institution is an equal opportunity provider and employer.

Simsbury High School - Grades 9 - 12

September 19 - 23, 2022

Menu Subject to Change.

DAILY CHOICES	Monday 9/19	Tuesday 9/20	Wednesday 9/21	Thursday 9/22	Friday 9/23
1 Today's Trojan Lunch 	BBQ Chicken Tenders With Coleslaw and Corn Fruit of the Day Milk	Chicken Sausage Grinder With Peppers & Onions Potato Tots Fruit of the Day Milk	Cheese Calzone With Meatballs & Marinara With Fruit and Veggie of the Day Milk	Cheeseburger/ Veggieburger On a Whole Grain Roll Onion Rings Fruit & Veggie of the Day Milk	Cheese Quesadilla Pizza Fruit & Veggie of the Day Milk
2 Deli on Wheat Bread Roll or Wrap add \$0.25 	Sandwich of the Day Fruit & Veggie of the Day Milk	Sandwich of the Day Fruit & Veggie of the Day Milk	Sandwich of the Day Fruit & Veggie of the Day Milk	Sandwich of the Day Fruit & Veggie of the Day Milk	Sandwich of the Day Fruit & Veggie of the Day Milk
3 Caterina's Chicken & Pizza 	Chicken Patty on a Roll <i>OR</i> Pizza Fruit & Veggie of the Day Milk	Chicken Patty on a Roll <i>OR</i> Pizza Fruit & Veggie of the Day Milk	Chicken Patty on a Roll <i>OR</i> Pizza Fruit & Veggie of the Day Milk	Chicken Patty on a Roll <i>OR</i> Pizza Fruit & Veggie of the Day Milk	Chicken Patty on a Roll <i>OR</i> Pizza Fruit & Veggie of the Day Milk
4 Tom's Grill and Specialties 	Hamburger/ Cheeseburger Or Veggie Burger <i>OR</i> Super Nachos w/Lettuce & Tomato Fruit & Veggie of the Day	Hamburger/ Cheeseburger Or Veggie Burger <i>OR</i> Super Nachos w/Lettuce & Tomato Fruit & Veggie of the Day	Hamburger/ Cheeseburger Or Veggie Burger <i>OR</i> Super Nachos w/Lettuce & Tomato Fruit & Veggie of the Day Milk	Hamburger/ Cheeseburger Or Veggie Burger <i>OR</i> Super Nachos w/Lettuce & Tomato Fruit & Veggie of the Day Milk	Hamburger/ Cheeseburger Or Veggie Burger <i>OR</i> Beef Taco w/Lettuce & Tomato Fruit & Veggie of the Day Milk
5 Farm Fresh Salads, Wraps, Parfaits 	<ul style="list-style-type: none"> ● Specialty Salad: Tuna ● Specialty Wrap: Chicken Caesar ● Yogurt, Fruit & Granola Parfait Fruit & Veggie of the Day	<ul style="list-style-type: none"> ● Specialty Salad: Tuna ● Specialty Wrap: Chicken Caesar ● Yogurt, Fruit & Granola Parfait Fruit & Veggie of the Day	<ul style="list-style-type: none"> ● Specialty Salad: Tuna ● Specialty Wrap: Chicken Caesar ● Yogurt, Fruit & Granola Parfait Fruit & Veggie of the Day Milk	<ul style="list-style-type: none"> ● Specialty Salad: Tuna ● Specialty Wrap: Chicken Caesar ● Yogurt, Fruit & Granola Parfait Fruit & Veggie of the Day Milk	<ul style="list-style-type: none"> ● Specialty Salad: Tuna ● Specialty Wrap: Chicken Caesar ● Yogurt, Fruit & Granola Parfait Fruit & Veggie of the Day Milk

Lunch is at NO charge for all students. Lunch consists of an entrée, vegetable and fruit choices, whole grains and low or fat free milk. Students may take three, four or five of these items but must choose at least 1/2 cup of fruits or vegetables and full servings of the other food components. A selection of a la carte items is also available for purchase daily.

Breakfast is NO charge for all students. BREAKFAST IS SERVED DAILY IN THE CAFETERIA