

Cotting School  
November 2023, Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Offered Daily
		1) Turkey & Cheese Sandwiches Turkey & wraps Chicken Noodles Soup Salad Fruit	2) Chicken Fingers French Fries Gluten Free Chicken Boiled Eggs Sweet & Sour Sauce Salad Fruit	3) Tuna Salad Tuna w/mayo & wraps Florentine Soup Honey Turkey (SBar) Salad Fruit FF Chocolate Milk	<p>Salad Bar includes: Greens, a variety of vegetables, protein choices, and different cheeses</p> <p>Alternative Meals: Cheese Sandwiches Sun Butter Sandwiches Sun Butter &amp; Jelly Sandwiches with yogurt</p> <p>Other Options: Yoplait Yogurt 6oz Greek Yogurt 6oz Fresh Fruit</p> <p>Drinks: 1% Low Fat Milk Skim fat Free Milk And once a week Fat Free Chocolate Milk</p> <p>Soup on Wednesday and Friday.</p> <p>For Food ALLERGY - Check with Kitchen Staff</p> <p><i>Menus are subject to change</i></p>
6) Stuffed Shells w/light Sauce Green Beans Gluten Free Pasta Boiled Eggs (SBar) Salad Fruit	7) Chicken Nuggets Chicken Cutlet Puzzle Potato fries Tuna w/veggies (SBar) Sweet & Sour Sauce Salad Fruit	8) Grilled Cheese Sandwiches Grilled Chicken (SBar) Minestrone Soup Salad Fruit	9) Fish Fillet Corn Honey Turkey (SBar) Tartar Sauce Salad Fruit	10)  Holiday	
13) Macaroni & Cheese Broccoli Gluten Free Pasta Honey Turkey (SBar) Salad Fruit	14) Chicken Fingers French Fries Gluten Free Chicken Boiled Eggs (SBar) Sweet & Sour Sauce Salad Fruit	15) Ham & Cheese Sandwiches Ham & wraps Grilled Chicken (SBar) Vegetable Soup Salad Fruit	16) Roasted Sliced Turkey Rice & Gravy Carrots Salad Fruit	17) Grilled & Cheese Sandwiches Tuna w/veggies (SBar) Chicken w/Rice Soup Salad Fruit FF Chocolate Milk	
20) Tortellini w/light Sauce Gluten Free Pasta Chicken Salad (SBar) Salad Peaches	21) Chicken Cutlet Chicken Nuggets Puzzle Potato Fries Gluten Free Chicken Honey Turkey (SBar) Salad Fruit	22) Tuna Salad Sandwiches Tuna w/mayo & wraps Boiled Eggs (SBar) Florentine Soup Salad Fruit	23)  Thanksgiving Day	24)  Closed	
27) Lasagna w/ light sauce Mixed Veggies Gluten Free Pasta Honey Turkey (SBar) Salad Fruit	28) Chicken Fingers Gluten Free Chicken French Fries Sweet & Sour Sauce Boiled Eggs (SBar) Salad Fruit	29) Grilled Cheese Sandwiches Chicken Salad (SBar) Chicken Noodles Soup Salad Fruit	30) Pizza Cheese Pepperoni Mushrooms Gluten free Pizza Salad Fruit		

**A Healthy Lunch Includes:**

- |                        |              |
|------------------------|--------------|
| 1. Meat/Meat Alternate | 4. Fruit     |
| 2. Grain               | 5. Vegetable |
| 3. Milk                |              |

**Student must choose at least 3 of the 5 choices including:**

- ½ cup of fruit or vegetable
- At least two other choices

***For Best Nutrition Choose all Five Choices!***

Cotting School  
December 2023, Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Offered Daily
				1) Ham & Cheese Sandwiches Ham & wraps (SBar) Minestrone Soup Salad Fruit FF Chocolate Milk	<p>Salad Bar includes: Greens, a variety of vegetables, protein choices, and different cheeses</p> <p>Alternative Meals: Cheese Sandwiches Sun Butter Sandwiches Sun Butter &amp; Jelly Sandwiches with yogurt</p> <p>Other Options: Yoplait Yogurt 6oz Greek Yogurt 6oz Fresh Fruit</p> <p>Drinks: 1% Low Fat Milk Skim fat Free Milk And once a week Fat Free Chocolate Milk</p> <p>Soup on Wednesday and Friday.</p> <p>For Food ALLERGY - Check with Kitchen Staff</p> <p><i>Menus are subject to change</i></p>
4) Baked Ziti w/meat sauce Mixed Veggies Gluten Free Pasta Chicken Salad (SBar) Salad Fruit	5) Chicken Nuggets Chicken Cutlet Gluten Free Chicken Puzzle Potato Fries Boiled Eggs (SBar) Salad Fruit	6) Turkey & Cheese Sandwiches Turkey (SBar) Wraps Chicken Tortilla Soup Salad Fruit	7) Pizza Cheese Pepperoni Mushrooms Gluten Free Pizza Honey Turkey (SBar) Salad - Fruit	8) Grilled Cheese Sandwiches Grilled Chicken (SBar) Florentine Soup FF Chocolate Milk Salad Fruit	
11) Tortellini w/ light Sauce Gluten Free Pasta Broccoli Honey Turkey (SBar) Salad Fruit	12) Chicken Fingers Gluten Free Chicken French Fries Boiled Eggs (SBar) Sweet & Sour Sauce Salad Fruit	13) Ham & Cheese Sandwiches Ham + wraps Chicken Salad Chicken & Rice Soup Salad Fruit	14) Chili Green Beans Corn Bread Ham (SBar) Salad Fruit	15) Tuna Salad Sand. Tuna w/mayo + wraps Turkey (SBar) Vegetable Soup Salad FF Chocolate Milk Fruit	
18) Lasagna w/light Sauce Gluten Free Pasta Mixed Veggies Grilled Chicken (SBar) Salad Fruit	19) Chicken Nuggets Chicken Cutlet Gluten Free Chicken Puzzle Potato Fries Boiled Eggs (SBar) Salad Fruit	20) Turkey & Cheese Sandwiches Turkey + wraps Florentine Soup Salad Fruit	21) Fish Fillet Sweet Potato Fries Tartar Sauce Chicken Salad (SBar) Salad Fruit	22) Grilled Cheese Sandwiches Honey Turkey (SBar) Chicken Noodles Soup Salad FF Chocolate Milk Fruit	
25)	26)	27)	28)	29)	
Christmas Day	Winter Holiday	Winter Holiday	Winter Holiday	Winter Holiday	

**A Healthy Lunch Includes:**

- |                        |               |
|------------------------|---------------|
| 6. Meat/Meat Alternate | 9. Fruit      |
| 7. Grain               | 10. Vegetable |
| 8. Milk                |               |

**Student must choose at least 3 of the 5 choices including:**

- ½ cup of fruit or vegetable
- At least two other choices

***For Best Nutrition Choose all Five Choices!***