

Menus for

April 2024

**Torrington Public Schools
Torrington High and Middle School**

This institution is an equal opportunity provider. Menus are subject to change.

Available Daily

Your Complete Lunch will Include:

1. Start with at least One Fruit or Vegetable
 - Rainbow Fruit Tray
 - Locally Grown Vegetable Tray
 - Hot Vegetable of the Day
2. Choose One Daily Menu Entrée Items:

In addition offered daily:

 - Chef Salad
 - Sunbutter & Jelly
 - Peanut Butter & Jelly
 - Bagel Box
 - Variety of Pizza
 - Pasta
3. Choose One 8 oz. Milk
 - Low-Fat White
 - Flavored Milk

Featured Specials of the Day

Monday, April 1

French Toast Sticks
Or
Boars Head Ham & Cheese
Turkey Sausage Patty/ Hash Brown Potato

Tuesday, April 2

Chicken Street Tacos with Salsa
Or
Boars Head Turkey & Cheese
Steamed Brown Rice
Sweet Corn

Wednesday, April 3

Hot Dog on a Roll
Or
Boars Head Ham & Cheese
Baked Beans/ Steamed Carrots
French Fries

Thursday, April 4

Meatball Grinder with Melted Mozzarella Cheese
Or
Boars Head Turkey & Cheese
Garden Salad

Friday, April 5

Stuffed Crust Cheese Pizza
or
Boars Head Ham & Cheese
Mixed Greens Salad with Tomatoes

Now Appearing ...

SPRING BREAK!

SPECIAL LIMITED ENGAGEMENT!

Break begins at the end of classes:

Friday, April 12

Classes resume: **Monday, April 22**

Available Daily-Breakfast

**Assorted:
Cereals, Muffins,
Cinnamon Rolls, Bagels,
Donuts, Strudels**

Fruit, Juice and Milk offered in addition to the main items.

Featured Specials of the Day

Monday, April 8

Chicken and Vegetable Dumplings
Or
Boars Head Turkey & Cheese
Oriental Blend Vegetables/ Seasoned Brown Rice

Tuesday, April 9

Pizza Max Sticks with Marinara Sauce
or
Boars Head Ham & Cheese
Garden Salad

Wednesday, April 10

Toasted Cheese Sandwich
Or
Boars Head Turkey & Cheese
Steamed Broccoli/Sweet Potato Fries

Thursday, April 11

Hamburger or Cheeseburger
Or
Boars Head Ham & Cheese
Oven Fries/ Steamed Veggies

Friday, April 12

Cheese Pizza
or
Boars Head Ham & Cheese
Romaine Lettuce Salad

OUR NATION'S HISTORY

The Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long – soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.



WITH LIBERTY & JUSTICE FOR ALL

eatfit

wanna stay fit?
gotta eat right!

item: turkey sandwich
verdict: gobble

tip: These numbers are for a small whole-grain sub roll, 3 ounces of turkey, 1 oz. of cheese (about one slice), lettuce, tomato, onion, and a tablespoon of mayo. Without cheese, subtract 110 calories and 5g of saturated fat. Hold the mayo (or use mustard) to save another 100 calories and 1.5g sat fat.

FIT METER

528 CALORIES 8.1 SAT FAT GRAMS 5.8 FIBER GRAMS

Teens should eat 1800-3200 calories a day, depending on gender and activity level. Shoot for fewer than 22g of sat fat and at least 20-25g of fiber a day.

Please see the other page for items available daily

VEGETABLE OF THE MONTH

Romaine

Romaine lettuce contains six times more vitamin C, four times more calcium, and ten times more beta carotene than ordinary iceberg lettuce, and it's very high in folic acid, too. Best of all, it has more flavor!

EARTH DAY APRIL 22

Featured Specials of the Day

Monday, April 22
French Toast Sticks
Boars Head Ham & Cheese
Turkey Sausage Patty/ Hash Brown Potato

Tuesday, April 23
Mini Tacos with Lettuce & Tomato
Boars Head Turkey & Cheese
Steamed Brown Rice/ Tostitos Scoops

Wednesday, April 24
Egg & Turkey Sausage Patty on an English Muffin
Boars Head Ham & Cheese
Hash Brown Potatoes

Thursday, April 25
Chicken Patty on a Roll
Boars Head Ham & Cheese
Sweet Potato Fries

Friday, April 26
Stuffed Crust Cheese Pizza
Boars Head Turkey & Cheese
Romaine Lettuce Salad

Monday, April 29
Bosco Sticks with Marinara
Boars Head Turkey & Cheese
Steamed Broccoli

Tuesday, April 30
Pasta and Meat Sauce
Boars Head Turkey & Cheese
Garden Salad/ Garlic Breadstick