



East Lyme High School Outtakes Store Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Out of the Ordinary Delicious Hot Sandwiches, Served on Whole Grain; Bread, Rolls and Wraps Hot Fresh & Ready To Go & Fresh Baked Pizza				
Broccoli & Cheddar Grilled Panini Steak & Cheese Wrap	Four Cheese Spinach Grilled Panini Buffalo Chicken on a Bun	Turkey & Cheese Panini Grilled Chicken on a Bun	Pesto Chicken Panini w/ Tomato Philly Chicken on a Grinder	Ham & Cheese Panini Veggie Burger w/ Cheese on a bun
Cold Sandwiches & Salads Fresh From The Deli Packaged To Grab And Go, Served on Whole Grain Breads, Rolls, Wraps and Pitas				
<p>Week 1: Roast Beef Sandwich & Chef Salad Plate</p> <p>Week 2: Turkey Club Bagel Sandwich & Tuna Salad Plate</p> <p>Week 3: Chicken Caesar Wrap & Buffalo Chicken Salad Plate</p> <p>Week 4: Ham & Cheese Sandwich & Grilled Chicken Salad Plate</p> <p>Available Daily:</p> <p>Garden Salad w/ Cheese & Dinner Roll</p> <p>Peanut Butter & Jelly Sandwich</p> <p> Toasted Bagel Chips & Fresh Veggies w/ Hummus, Orange Low Fat Milk Choice</p>	<p>Week 1: Roast Beef Sandwich & Chef Salad Plate</p> <p>Week 2: Turkey Club Bagel Sandwich & Tuna Salad Plate</p> <p>Week 3: Chicken Caesar Wrap & Buffalo Chicken Salad Plate</p> <p>Week 4: Ham & Cheese Sandwich & Grilled Chicken Salad Plate</p> <p>Available Daily:</p> <p>Garden Salad w/ Cheese & Dinner Roll</p> <p>Peanut Butter & Jelly Sandwich</p> <p> Toasted Bagel Chips & Fresh Veggies w/ Hummus, Orange Low Fat Milk Choice</p>	<p>Week 1: Roast Beef Sandwich & Chef Salad Plate</p> <p>Week 2: Turkey Club Bagel Sandwich & Tuna Salad Plate</p> <p>Week 3: Chicken Caesar Wrap & Buffalo Chicken Salad Plate</p> <p>Week 4: Ham & Cheese Sandwich & Grilled Chicken Salad Plate</p> <p>Available Daily:</p> <p>Garden Salad w/ Cheese & Dinner Roll</p> <p>Peanut Butter & Jelly Sandwich</p> <p> Toasted Bagel Chips & Fresh Veggies w/ Hummus, Orange Low Fat Milk Choice</p>	<p>Week 1: Roast Beef Sandwich & Chef Salad Plate</p> <p>Week 2: Turkey Club Bagel Sandwich & Tuna Salad Plate</p> <p>Week 3: Chicken Caesar Wrap & Buffalo Chicken Salad Plate</p> <p>Week 4: Ham & Cheese Sandwich & Grilled Chicken Salad Plate</p> <p>Available Daily:</p> <p>Garden Salad w/ Cheese & Dinner Roll</p> <p>Peanut Butter & Jelly Sandwich</p> <p> Toasted Bagel Chips & Fresh Veggies w/ Hummus, Orange Low Fat Milk Choice</p>	<p>Week 1: Roast Beef Sandwich & Chef Salad Plate</p> <p>Week 2: Turkey Club Bagel Sandwich & Tuna Salad Plate</p> <p>Week 3: Chicken Caesar Wrap & Buffalo Chicken Salad Plate</p> <p>Week 4: Ham & Cheese Sandwich & Grilled Chicken Salad Plate</p> <p>Available Daily:</p> <p>Garden Salad w/ Cheese & Dinner Roll</p> <p>Peanut Butter & Jelly Sandwich</p> <p> Toasted Bagel Chips & Fresh Veggies w/ Hummus, Orange Low Fat Milk Choice</p>
Seasonal Fruit Bowls, Vegetable Sides, Yogurt Parfaits & Dessert				
Strawberry & Blueberry Yogurt Parfait Cucumber Slices with Light Ranch Dressing Broccoli Salad Or Chilled Ratatouille Freshly Baked Cookies Assorted Fresh Fruit	Strawberry & Blueberry Yogurt Parfait Carrots Sticks with Light Creamy Italian Dressing Broccoli Salad Or Chilled Ratatouille Freshly Baked Cookies Assorted Fresh Fruit	Strawberry & Blueberry Yogurt Parfait Celery Sticks With Honey Mustard Dressing Broccoli Salad Or Chilled Ratatouille Freshly Baked Cookies Assorted Fresh Fruit	Strawberry & Blueberry Yogurt Parfait Fresh Zucchini Coins with Greek Dressing Broccoli Salad Or Chilled Ratatouille Freshly Baked Cookies Assorted Fresh Fruit	Strawberry & Blueberry Yogurt Parfait Fresh Broccoli with Light Ranch Dressing Broccoli Salad Or Chilled Ratatouille Freshly Baked Cookies Assorted Fresh Fruit

Student Price \$3.00 / \$3.25 (Deli) Reduce Price \$0.40
 Adult Price \$3.50 / \$3.75 (Deli)

*Menu item is offered with the complete daily Balanced Choices® Meal

A full student lunch includes choice of entrée, TWO vegetable/fruit side dishes, and milk. Daily milk choices include skim white, 1% white, and 1% chocolate

This symbol represents a locally grown item This symbol represents a meat free alternative This symbol represents a whole grain item

Any Questions please Call: Director of Dining Services – Missy Leveille at 860-739-1422