




































































East Lyme Elementary School

August 30th – September 29th 2010

Monday	Tuesday	Wednesday	Thursday	Friday
30 Foot Long Hot Dog On a Bun Oven Baked Baked Beans Fresh Apple  Chilled Fruit & Veggie Selection Low-Fat Milk	31  Oven Baked Chicken Patty Sandwich on a Whole Wheat Bun  Tossed Salad  w/ Light Dressing Orange Wedges Chilled Fruit & Veggie Selection Low-Fat Milk	1 Homemade Fresh Baked Pizza   Choice of Cheese or Pepperoni Tossed Salad  w/ Light Dressing Chilled Fruit & Veggie Selection Low-Fat Milk	2 Creamy Barilla Plus Mac-n-Cheese  Corn on the Cob  Dinner Roll  Chilled Fruit & Veggie Selection Low-Fat Milk	3 Chicken Fajitas w/ Salsa, Cheese Carrots Coins Dinner Roll  Chilled Fruit & Veggie Selection Low-Fat Milk
Weekly Alternate: Turkey & Cheese Sandwich  Pizza Dunker Fun Lunch  Peanut Butter and Jelly Sandwich  				
6 Oven Baked Chicken Nuggets w/ BBQ or Sweet & Sour Sauce Seasoned Green Beans Dinner Roll  Chilled Fruit & Veggie Selection Low-Fat Milk	7 Meatball Grinder Seasoned Carrot Sticks  Fresh Peach  Chilled Fruit & Veggie Selection Low-Fat Milk	8 Homemade Fresh Baked Pizza   Choice of Cheese or Pepperoni Cucumber Slices  w/ Light Dressing Chilled Fruit & Veggie Selection Low-Fat Milk	9 BBQ Pork Sandwich  Oven Baked Beans Fresh Apple  Chilled Fruit & Veggie Selection Low-Fat Milk	10  Beefaroni Corn Garlic Bread Peaches Chilled Fruit & Veggie Selection Low-Fat Milk
Weekly Alternate: Ham and Cheese Sandwich  Salad Shaker with Cheese & Crackers  Peanut Butter and Jelly Sandwich  				
13 Hamburger or Cheese Burger on a Whole Wheat Bun  Chilled Fruit & Veggie Selection Low-Fat Milk	14 Soup and a Sandwich Tomato Soup and Grilled Cheese Sandwich   Chilled Cube Watermelon  Chilled Fruit & Veggie Selection Low-Fat Milk	15 Homemade Fresh Baked Pizza   Choice of Cheese or Pepperoni Broccoli w/ Light Dressing  Chilled Fruit & Veggie Selection Low-Fat Milk	16 Beef Nachos w/ Cheddar Cheese Salsa Dinner Roll Fresh Apple  Chilled Fruit & Veggie Selection Low-Fat Milk	17  Oven Baked Chicken Nuggets with dipping sauces Brown Veggie Rice  Chilled Fruit & Veggie Selection Low-Fat Milk
Weekly Alternate: Tuna Sandwich  Pizza Bagel Fun Lunch  Peanut Butter and Jelly Sandwich  				
20 Oven Roasted Turkey & Gravy Mashed Potatoes Cranberry Sauce Dinner Roll Chilled Fruit & Veggie Selection Low-Fat Milk	21 Barilla Plus Pasta w/ Meat Sauce Bread Stick   Garden Green Salad w/ Light Dressing Fresh Red Grapes Chilled Fruit & Veggie Selection Low-Fat Milk	22 Homemade Fresh Baked Pizza   Choice of Cheese or Pepperoni Tossed Salad Chilled Fruit & Veggie Selection Low-Fat Milk	23 Grilled Chicken Sandwich  Fresh Cut Zucchini Sticks  Chilled Fruit & Veggie Selection Low-Fat Milk	24 Taco Bar  (Hard or Soft Shelled) Beef Tacos w/ Shredded Cheddar Cheese, Salsa and Shredded Lettuce Corn  , Dinner Roll  Fresh Apple Chilled Fruit & Veggie Selection Low-Fat Milk
Weekly Alternate: Turkey Sandwich  Salad Shaker with Cheese & Crackers  Peanut Butter and Jelly Sandwich  				
27 French Toast Sticks  Warm House-Made Blueberry Topping Turkey Sausage Chilled Fruit & Veggie Selection Low-Fat Milk	28 Chicken Teriyaki Dippers w/ Rice Pilaf Green Beans Dinner Roll Chilled Fruit & Veggie Selection Low-Fat Milk	29 Lucky Tray Day Homemade Fresh Baked Pizza   Choice of Cheese or Pepperoni Carrot Sticks w/ Light Dressing Chilled Fruit & Veggie Selection Low-Fat Milk	 To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mini mixed green salads, fresh whole fruit, fresh cut fruit <hr/> Student Price \$2.35, Reduce \$0.40, Adult Price 3.50/\$3.25 (Del) Milk \$0.55	
Weekly Alternate: Bologna & Cheese Sandwich  Pizza Dunker Fun Lunch  Peanut Butter and Jelly Sandwich  				



 This symbol represents a meat free alternative  Regionally Grown
 This symbol represents a whole grain item
 The Award-Winning Chartwells Balanced Choices® Meal Program

Meals include entrée, choice of 1% white, skim milk, ½% chocolate milk (antibiotic and hormone-free), and unlimited fresh, regionally grown fruits and vegetables or 100% fruit juice
 All of our offerings contain ZERO GRAMS OF TRANS FATS per serving.

www.eatlearnlive.com

