

Nutritional Component Key

Milk 1serving-8oz daily(low fat/1%or less-fat-free flavored)

Fruit fresh or cup 1serving- ½ cup daily

Vegetable cup 1serving - ½ cup to ¾ cup daily (dark green, red/orange, beans, starchy sub groups once per week)

Whole Grains (1 ounce equivalents) 2oz serving min. per day

Meat/Meat Alternates (1 ounce equivalents) 2oz serving min. per day

Zero trans fats *** LACTAID MILK IS THE ONLY SUBSTITUTION FOR REGULAR MILK UNDER USDA/STATE OF CT GUIDELINE

Lunch Prices

Free First- hot lunch w/milk included

Second Lunch \$2.75

Free First - Breakfast

Second Breakfast \$1.75



March 2023 EAST LYME ELEMENTARY

FREE MEALS RETURN MARCH 1, 2023

Breakfast Grab and GO Free

Whole Grain Meals, Fresh Fruit, 100% Juices, and Milk

Alt #1 Yogurt and Muffin Fun Meal daily

MENU IS SUBJECT TO CHANGE AT ANYTIME

Monday	Tuesday	Wednesday	Thursday	Friday
27 Full Price Hamburger/Cheeseburger Oven Fries Veggies/Fruit Milk	28 Snow Day	1 First Day Free Meals Chicken and Waffles Veggies/Fruit Milk	2 Grilled Cheese Tomato Soup Veggies/Fruit Milk	3 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk
6 Chicken fingers, Mozz Sticks, Bread sticks, Celery and Carrots w/Ranch dip Fruit/Veggies Milk	7 Build your own Nacho Bar Beef, Veggies, Salsa, and cheese Veggies/Fruit Milk	8 Pasta w/ meatballs Garlic bread Fruit/Veggies milk	9 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk	10 PD Day No School
13 Chicken Patty Fun Size Chips Veggies/Fruit Milk	14 Asian Cuisine Takeout Popcorn chicken Brown rice Veg, Fortune cookie Fruit Milk	15 Brunch For Lunch French Toast Sticks Sausage and Tator Tots Syrup, Fruit, and Veggies Orange Juice Milk	16 Macaroni and Cheese Chicken Fruit/Veggies Milk	17 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk

20 Hamburger/Cheeseburger Oven Fries Veggies/Fruit Milk	21 Chicken Patty Fun Size Chips Veggies/Fruit Milk	22 Hot Dog Whole Wheat Roll Oven Fries Beans Fruit/Veggies Milk	23 Chicken Nuggets Smile Frys Bread Stick Veggies/fruit Special Treat Milk	24 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk
27 Pasta w/ meat sauce Garlic bread Fruit/Veggies milk	28 Chicken Bowl Mashed Potato Gravy Dinner roll Veggies/Fruit Milk	29 Brunch For Lunch French Toast Sticks Sausage and Tator Tots Syrup, Fruit, and Veggies Orange Juice Milk	30 Opening Day Theme Day Hot dog or Mozz Sticks and Bread stick Celery and Carrots w/Ranch Fruit/Veggies Milk Video Highlights/Surprise	31 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk

FIRST BREAKFAST/LUNCH MEAL WILL BE FREE FOR ALL STUDENTS DURING THE STATE OF CT SMART FUND TRANSITION PERIOD.

East Lyme has opted into the School Meals Assistance Revenue for Transition 2.0 (SMART) funds providing meals (First breakfast and First lunch) at no cost for all students. Starting March 1, 2023, till end of the school year June 15, 2023. Parents/Guardians are still responsible for any negative account balances from January 2023 and February 2023 full price charged meal period.

Please also email me with any questions at Christian.Urban@elpsk12.org

This institution is an equal opportunity provider.