Nutritional Component Key

Chicken Patty/Spicy

Veggies/Fruit

Milk

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

Fruit fresh or cup 1serving- 1/2 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 GUIDLELINE

Free First - Breakfast Second Breakfast \$2.25

Lunch Prices

Free First- hot lunch w/milk included

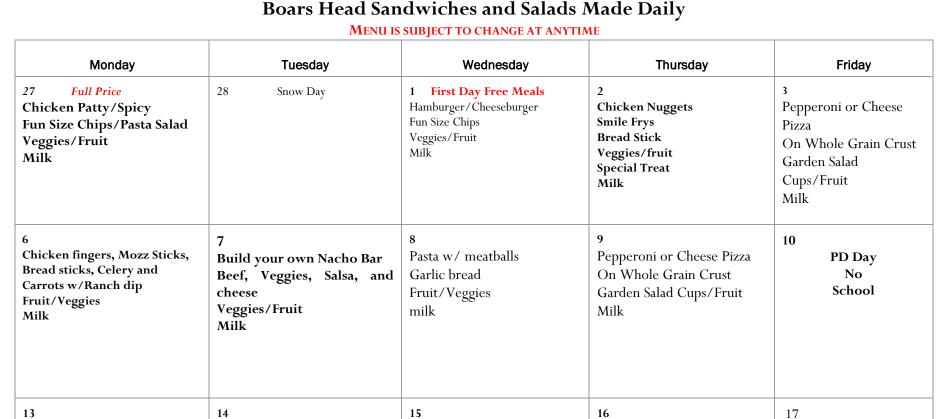
Second Lunch \$3.50

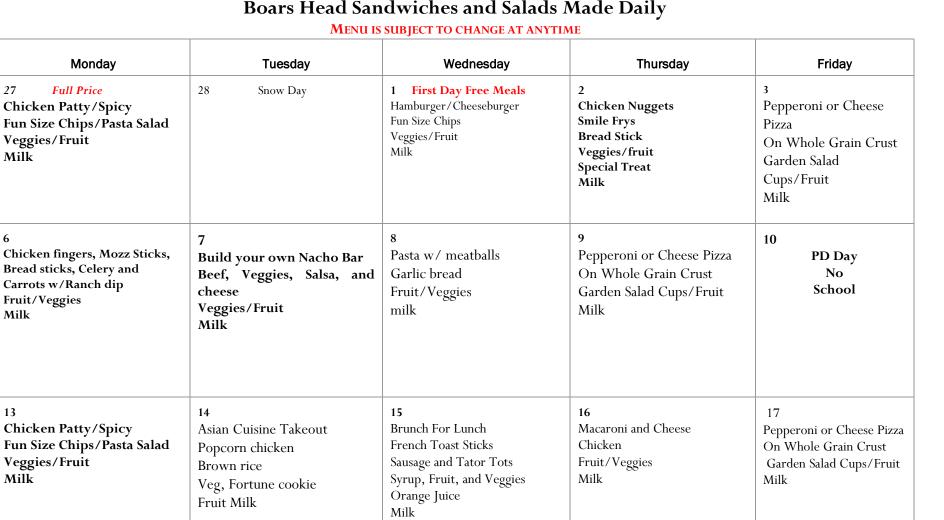


March 2023 EAST LYME HIGH SCHOOL

FREE MEALS RETURN MARCH 1, 2023

Breakfast Grab and GO Free Whole Grain Meals, Fresh Fruit, 100% Juices, and Milk







| Grab and Go Lunch Half day | Grab and Go Lunch Half day | Grab and Go Lunch Half day | 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 |
|--|--|--|--|--|
| 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 meal period.

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

This institution is an equal opportunity provider.