

### 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 \$3.50

Free First - Breakfast

Second Breakfast \$2.25



## **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**

#### **Boars Head Sandwiches and Salads Made Daily**

**MENU IS SUBJECT TO CHANGE AT ANYTIME**

Monday	Tuesday	Wednesday	Thursday	Friday
27 <b>Full Price</b> <b>Chicken Patty/Spicy</b> <b>Fun Size Chips/Pasta Salad</b> <b>Veggies/Fruit</b> <b>Milk</b>	28 Snow Day	1 <b>First Day Free Meals</b> Hamburger/Cheeseburger Fun Size Chips Veggies/Fruit Milk	2 <b>Chicken Nuggets</b> <b>Smile Frys</b> <b>Bread Stick</b> <b>Veggies/fruit</b> <b>Special Treat</b> <b>Milk</b>	3 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk
6 <b>Chicken fingers, Mozz Sticks,</b> <b>Bread sticks, Celery and</b> <b>Carrots w/Ranch dip</b> <b>Fruit/Veggies</b> <b>Milk</b>	7 <b>Build your own Nacho Bar</b> <b>Beef, Veggies, Salsa, and</b> <b>cheese</b> <b>Veggies/Fruit</b> <b>Milk</b>	8 Pasta w/ meatballs Garlic bread Fruit/Veggies milk	9 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk	10 <b>PD Day</b> <b>No</b> <b>School</b>
13 <b>Chicken Patty/Spicy</b> <b>Fun Size Chips/Pasta Salad</b> <b>Veggies/Fruit</b> <b>Milk</b>	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 Grab and Go Lunch Half day	21 Grab and Go Lunch Half day	22 Grab and Go Lunch Half day	23 <b>Chicken Nuggets</b> <b>Smile Frys</b> <b>Bread Stick</b> <b>Veggies/fruit</b> <b>Special Treat</b> <b>Milk</b>	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 <b>Chicken Bowl</b> <b>Mashed Potato</b> <b>Gravy</b> <b>Dinner roll</b> <b>Veggies/Fruit</b> <b>Milk</b>	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 <b>Pepperoni or Cheese</b> <b>Pizza</b> <b>On Whole Grain Crust</b> <b>Garden Salad</b> <b>Cups/Fruit</b> <b>Milk</b>

**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](mailto:Christian.Urban@elpsk12.org)**

*This institution is an equal opportunity provider.*