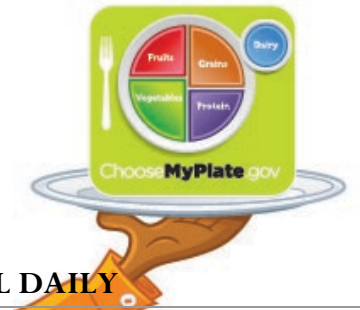


Nutritional Component Key

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 GUIDELINES***

Lunch Prices

\$2.75 hot lunch w/milk included
 \$.40 Reduced Lunch w/milk included
 Healthy Ct Snacks \$1.00
 Breakfast Regular Price \$1.75



APRIL 2019 ELEMENTARY SCHOOL

CHECK OUT THE LOCAL GROWN FRUIT AND VEGGIE BAR! ALT #1 MUFFIN YOGURT FUN MEAL DAILY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Baked Mozzarella Sticks w/ Tomato Sauce Garlic or Reg. Bread Stick Garden salad Fresh Fruit Milk Alt#2 Grilled Chicken Wrap</p>	<p>2 Nacho Bar Beef or Chicken on Whole Grain Corn Nacho's Salsa, Cheese Sauce, and Lettuce Refried Beans, Olives, and Jal. Peppers/Fresh Fruit Milk Alt#2 Boar's Head Turkey Wrap w/Baked chips</p>	<p>3 Hamburger or Cheeseburger Whole Wheat Roll Sweet Potato Fries /Oven Fries Fruit/Green Beans Milk Alt#2 Chicken Patty</p>	<p>4 Chicken Nuggets Whole Wheat Bread Stick Sweet Potato Fries/Mashed Potato Corn/Fruit Carrots Milk Alt#2 Mexico Nacho Express</p>	<p>5 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Applesauce Milk Alt#2 Boar's Head Chef Salad</p>
<p>8 Whole Grain Pasta w/ sauce and meatballs Garlic Bread or Regular Bread Stick Green beans/fruit Milk Alt#2 Chicken Patty</p>	<p>9 Build your own Waffle Bar Sausage, strawberries, whip cream, maple syrup Assorted Fresh Fruit and Veggies Apple, orange juice, and milk Alt#2 Boar's Head Turkey Wrap w/Baked chips</p>	<p>10 Chinese Take out General Tso's or plain Popcorn Chicken Brown Rice, Broccoli and Carrots Fruit cup Milk Fortune Cookie Alt#2 Grilled Chicken Wrap</p>	<p>11 Chicken Patty /Spicy or Reg. on a Whole Wheat roll Smile Fry/Sweet potato fry Broccoli/Peaches Milk Alt#2 Boar's Head Ham Sandwich w/Baked chips</p>	<p>12 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Boar's Head Chef Salad</p>
<p>15 No School Spring Break</p>	<p>16 No School Spring Break</p>	<p>17 No School Spring Break</p>	<p>18 No School Spring Break</p>	<p>19 No School Spring Break</p>
<p>22 Chicken Nuggets Whole Wheat Bread Stick Sweet Potato Fries/Mashed Potato Corn/Fruit Carrots Milk Alt#2 Mexico Nacho Express</p>	<p>23 Brunch for Lunch Whole Grain French Toast /Tarter Tot's Sausage /Carrot sticks Fruit/OJ +AJ Juices Milk Alt#2 Grilled Cheese Sandwich on Whole Wheat Bread w/ Soup</p>	<p>24 Hamburger or Cheeseburger Whole Wheat Roll Sweet Potato Fries /Oven Fries Fruit/Green Beans Milk Alt#2 Hot Dog on a Whole Wheat Roll</p>	<p>25 Chicken Tenders Bread Stick Veggies sticks/ranch dressing Fresh Fruit/Broccoli Milk Alt#2 Turkey Dinner</p>	<p>26 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Boar's Head Chef Salad</p>

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29 Whole Grain Pasta w/ sauce and meatballs Garlic Bread or Regular Bread Stick Green beans/fruit Milk</p> <p>Alt#2 Grilled Chicken Sandwich</p>	<p>30 BUILD YOUR OWN TACO BAR Beef or Chicken Corn Tortilla hard or soft shell Salsa, Cheese, and Lettuce Refried Beans Fresh fruit/Milk</p> <p>Alt#2 Grilled Chicken Wrap</p>		<p>Reminder if you receive Free/Reduced lunch benefits it also includes Free Breakfast for both benefits daily</p>	<p>Grab and Go Breakfast Daily in Main Lobby Whole grain Baked Goods, Fresh Fruit, 100% Juices, Whole Grain Cereal, and Milk Regular Price \$1.75</p>

****Alternate Entrees are available with daily vegetable offering, Fruit/ Veggie Bar, and Milk****

Alternate #1 Muffin and Yogurt Fun Lunch is offered daily

Alternate #2 is listed on daily menu

A Special Thank You to the Ct Sun and Black Wolves, New Britain Bees, Yard Goats, and Ct Tigers for all the great things they donated to make our 2nd Annual Opening Day Baseball theme day a great success in March.

Fruit and Veggie Bar Features locally grown fruit and veggie when in season providing all the USDA vegetable sub-groups required by the guidelines (red/orange, dark green, bean, and starchy).

*****Please make all checks payable to: East Lyme Lunch Program *****

Please check out the online purchase and balance updates available at myschoolbucks.com

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

**Thank you
Christian Urban FSD**

Nondiscrimination Statement: This explains what to do if you believe you have been treated unfairly.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.