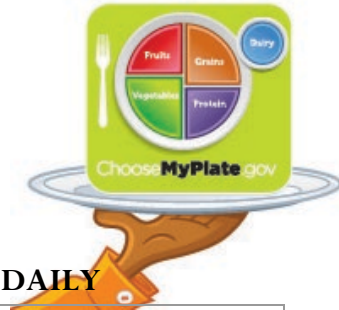


**Nutritional Component Key**

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 GUIDLELIN

**Lunch Prices**

\$3.25 hot lunch w/milk included  
 \$ .40 Reduced Lunch w/milk included  
 Healthy Ct Snacks \$1.00 to \$1.25  
 Breakfast Regular Price \$2.00



**April 2019 MIDDLE SCHOOL**

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1  <i>Mac &amp; cheese</i>  <i>Broccoli</i>  <i>Dinner roll</i>  <i>Fruit and milk</i></p> <p><i>Alt #2 Chef Special</i></p>	<p>2                      Nachos                      Beef or Chicken                      Corn Chips                      Salsa, Cheese, and Lettuce                      Fresh fruit/Milk</p> <p><i>Alt #2 Chef Special</i></p>	<p>3  <i>Shepherd's pie</i>  <i>Garlic or Reg. Bread Stick</i>  <i>Garden salad/Broccoli</i>  <i>Fresh fruit/ Milk</i></p> <p><i>Alt #2 Chef Special</i></p>	<p>4  <i>Chicken Patty on a Whole Wheat roll</i>  <i>French Fry/</i>  <i>3 Bean Salad/ Peaches</i>  <i>Milk</i></p> <p><i>Alt#2 Chef special</i></p>	<p>5  <b>Cheese or Pepperoni Pizza</b>  <b>Whole wheat crust</b>  <b>Garden salad w/ Chick peas</b>  <b>Apple Sauce</b>  <b>Milk</b></p> <p><b>Alt #2 Chef Special</b></p>
<p>8                      ½ Day No Lunch  <b>Grab and Go Breakfast Daily in Main Lobby</b>  <b>Whole grain Baked Goods, Fresh Fruit, 100% Juices, Whole Grain Cereal, and Milk</b>  <b>Regular Price \$2.00</b></p>	<p>9                      ½ Day No Lunch  <b>Grab and Go Breakfast Daily in Main Lobby</b>  <b>Whole grain Baked Goods, Fresh Fruit, 100% Juices, Whole Grain Cereal, and Milk</b>  <b>Regular Price \$2.00</b></p>	<p>10                      Chicken Nuggets                      Whole Wheat Bread Stick                      Sweet Potato Fries/ Mashed Potato                      Corn/ Fruit                      Milk                      Alt #2 Chef Special</p>	<p>11                      Brunch for Lunch                      Whole grain French Toast / Tater Tots / Sausage/                      Fruit / OJ + Apple Juice                      Milk</p> <p><i>Alt #2 Chef Special</i></p>	<p>12  <i>Cheese or Pepperoni Pizza</i>  <i>Whole wheat crust</i>  <i>Garden salad w/ Chick peas</i>  <i>Apple Sauce</i>  <i>Milk</i></p> <p><i>Alt #2 Chef Special</i></p>
<p>15  <b>No School Spring Break</b></p>	<p>16  <b>No School Spring Break</b></p>	<p>17  <b>No School Spring Break</b></p>	<p>18  <b>No School Spring Break</b></p>	<p>19  <b>No School Spring Break</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
22 Whole Grain Pasta w/ sauce and meatballs Garlic Bread or Regular Bread Stick Green beans/fruit Milk  <i>Alt #2 Chef Special</i>	23 Nachos Beef or Chicken Corn chips Salsa, Cheese, and Lettuce Fresh fruit/Milk  <i>Alt #2 Chef Special</i>	24 <b>Cook out</b> Hamburger or cheeseburger on a whole grain bun French fries Fruit, Milk Alt #2 Hot dog on a whole grain bun	25 Brunch for Lunch Whole grain French Toast / Tater Tots / Sausage/ Fruit / OJ + Apple Juice Milk  Alt #2 Chef Special	26 <i>Cheese or Pepperoni Pizza</i> <i>Whole wheat crust</i> <i>Garden salad w/ Chick peas</i> <i>Apple Sauce</i> <i>Milk</i>  <i>Alt #2 Chef Special</i>
29 Whole Grain Pasta with Meat Sauce Cheesy Garlic Bread Fruit Milk  <i>Alt #2 Chef Special</i>	30 <b>Chinese take out</b> <b>General Tso's or plain popcorn</b> <b>chicken</b> <b>Brown rice, Broccoli, and</b> <b>Carrots</b> <b>Fruit cup</b> <b>Milk</b> <b>Fortune cookie</b> <b>Alt #2 Chef Special</b>			

**\*\*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 2<sup>nd</sup> 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 of 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](http://myschoolbucks.com)**

**Please also email me with any questions at [Christian.Urban@elpsk12.org](mailto:Christian.Urban@elpsk12.org)**

Thank you

Christian Urban FSD

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

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- (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](mailto:program.intake@usda.gov).*

*This institution is an equal opportunity provider.*