

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

\$3.50 hot lunch w/milk included
 \$.40 Reduced Lunch w/milk included
 Healthy Ct Snacks \$1.00 to \$2.25
 Breakfast Regular Price \$2.25



FEBRUARY 2019 HIGH SCHOOL

CHECK OUT THE NEW LOCAL GROWN FRUIT AND VEGGIE BAR! **VEGETARIAN CHOICES LISTED ON CHALK BOARD**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BOAR'S HEAD DELI GRINDER/SALAD BAR OPEN DAILY ADDITIONAL CHOICES POSTED IN THE CAFÉ DAILY VEGETARIAN CHOICES DAILY</p>	<p>Grab and Go Breakfast Daily Breakfast Sandwiches Whole grain Baked Goods, Fresh Fruit, 100% Juices, Whole Grain Cereal, and Milk Regular Price \$2.25</p>			<p>1 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/ Chick peas Apple sauce Milk</p> <p>Alt#2 Chef Special</p>
<p>4 Build your own Waffle Bar Sausage, strawberries, whip cream, maple syrup Assorted Fresh Fruit and Veggies Apple, orange juice, and milk Alt#2 Baked Ziti w/ Garlic Bread</p>	<p>5 Chicken Patty /Spicy or Reg. on a Whole Wheat roll Smile Fry/Sweet potato fry 3 Bean Salad/Peaches Milk Alt#2 Meat Loaf Dinner Veggie Burgers</p>	<p>6 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 Macaroni and Cheese</p>	<p>7 Whole Grain Pasta w/ sauce and meatballs Garlic Bread or Regular Bread Stick Green beans/fruit Milk Alt#2 Grilled Chicken Wrap with Tostito Chips</p>	<p>8 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/ Chick peas Apple sauce Milk</p> <p>Alt#2 Asian Noodle Bar</p>
<p>11 Hamburger or Cheeseburger Whole Wheat Roll Fun size Chips/Fruit/Green Beans Milk Alt#2 Hot Dog on Whole Wheat Roll Veggie Burgers</p>	<p>12 Chicken Nuggets Whole Wheat Bread Stick Sweet Potato Fries/Smile Fry Corn/Fruit Milk Alt#2 Sushi Bar</p>	<p>13 Brunch for Lunch Whole Grain French Toast /Tarter Tot's Sausage /Carrot sticks Fruit/OJ +AJ Juices Milk</p> <p>Alt#2 Lasagna w/ Garlic Bread</p>	<p>14 Valentine's Day BUILD YOUR OWN TACO BAR Beef or Chicken Corn Tortilla hard or soft shell Salsa, Cheese, and Lettuce Refried Beans Fresh fruit/Milk Alt#2 Chef Special **Special Treat**</p>	<p>15 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/ Chick peas Apple sauce Milk</p> <p>Alt#2 Chef Special</p>
<p>18 PRESIDENT'S DAY</p>	<p>19 WINTER RECESS</p>	<p>20 Chicken Patty /Spicy or Reg. on a Whole Wheat roll Smile Fry/Sweet potato fry 3 Bean Salad/Peaches Milk Alt#2 Chef Special Veggie Burgers</p>	<p>21 Build your own Pancake Bar Sausage, strawberries, maple syrup, chocolate chips Assorted Fresh Fruit and Veggies Apple, orange juice, and milk Alt#2 Baked Ziti w/ Garlic Bread</p>	<p>22 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/ Chick peas Apple sauce Milk Alt#2 Chef Special</p>

FEBRUARY 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>25</p> <p>Chinese Take out</p> <p>General Tso's or plain Popcorn Chicken Brown Rice, Broccoli and Carrots Fruit cup Milk Fortune Cookie Alt#2 Shepard's Pie</p>	<p>26 Brunch for Lunch</p> <p>Whole Grain French Toast /Tarter Tot's Sausage /Carrot sticks Fruit/OJ +AJ Juices Milk</p> <p>Alt#2 Lasagna w/ Garlic Bread</p>	<p>27</p> <p>Nacho Bar</p> <p>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 Macaroni and Cheese</p>	<p>28</p> <p>Chicken Parm Dinner</p> <p>Pasta, Sauce, Garlic Bread Broccoli Fruit Milk Alt#2 Turkey Dinner w/ Mashed Potato and Gravy</p>	

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

Alternate #2 is listed on daily menu **Vegetarian Choices in Green on Café Chalk Boards******

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

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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- (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.

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