

**Nutritional Component Key**

Milk 1serving-8oz daily(low fat/1%or less-fat-free flavored)  
 Fruit fresh or cup 1serving-1/2 cup daily 1/2 cup choices  
 Vegetable cup 1serving – 1/2 to 3/4 cup daily (dark green, red/orange, beans, starchy sub groups once per week) 1/2 cup Choices Daily  
 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 GUIDLELINES\*\*

**Lunch Prices**

\$3.25 hot lunch w/milk included  
 \$ .40 Reduced Lunch w/milk included  
 Healthy Ct Snacks \$1.00 to \$2.25  
 Breakfast Regular Price \$2.00



**February 2019 MIDDLE SCHOOL**

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

Monday	Tuesday	Wednesday	Thursday	Friday
Reminder if you receive Free/Reduced lunch benefits it also includes Free Breakfast for both benefits daily.	<b>Grab and Go Breakfast Daily in Main Lobby Whole grain Baked Goods, Fresh Fruit, 100% Juices, Whole Grain Cereal, and Milk Regular Price \$2.00</b>			1 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk  <b>Alt#2 Chef Special</b>
4 Mac & Cheese Corn Dinner roll Fruit Milk Alt#2 Breakfast Cereal meal whole grain	5 Hamburger or Cheeseburger Fries Whole gain bun Fruit milk Alt#2 Chef Special	6 <b>Chicken Nuggets</b> <b>String beans</b> <b>Mashed Potatoes</b> <b>Bread stick</b> <b>Fruit</b> <b>Milk</b> <b>Alt#2 Chef Special</b>	7 Chicken Patty on a Whole Wheat roll Broccoli/Fruit Cup/Carrots French fries Milk  <b>Alt#2 Chef Special</b>	8 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk <b>Alt#2 Chef Special</b>
11 Whole Grain Pasta w/ sauce and meatballs Garlic Bread or Regular Bread Stick Green beans/fruit Milk  Alt#2 Breakfast Cereal meal whole grain	12 Taco Tuesday Beef or chicken Corn tortilla, hard or soft shell Salsa, cheese Fruit/milk  <b>Alt#2 Chef Special</b>	13 Hotdog on a Whole Wheat roll French fries Baked Beans/Fruit Cup/Carrots Milk  Alt#2 Chef Special	14 <b>Valentine's Day Brunch for Lunch</b> <b>Whole grain French Toast / Tater Tots / Sausage/ Fruit / OJ + Apple Juice</b> <b>Milk</b> * Special Treat * Alt#2 Chef Special	15 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk <b>Alt#2 Chef Special</b>
18  <b>President's Day</b>	19  <b>Winter Recess</b>	20 Shepherd's pie Garlic or Reg. Bread Stick Garden salad/Broccoli Fresh fruit/ Milk  Alt #2 Chef Special	21 Chinese take out General Tso's or plain popcorn chicken Brown rice, Broccoli, and Carrots Fruit cup Milk Fortune cookie Alt #2 chefs special	22 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk <b>Alt#2 Chef Special</b>

## February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>25 Pasta with Meat Sauce Cheesy Garlic Bread Fruit Milk <i>Alt #2 Breakfast Cereal meal whole grain</i></p>	<p>26 <b>NACHO TACO TUESDAY</b> <b>Beef or Chicken on Whole Grain</b> <b>Corn Nachos</b> <b>Salsa, Cheese Sauce, and Lettuce</b> <b>Refried Beans, Olives, and Jalapeno Peppers/Fresh fruit/Milk</b></p>	<p>27 <b>Meatball Subs on a Whole Wheat roll</b> <b>French Fries</b> Fruit/milk  <i>Alt #2 Chefs special</i></p>	<p>28 <b>Brunch for Lunch</b> <b>Whole grain French Toast / Tater Tots / Sausage/ Fruit / OJ + Apple Juice</b> <b>Milk</b>  <b>Alt#2 Chef Special</b></p>	

**Examples of Chef Special: Turkey Dinner, Meatball Subs, Chicken Wings, Shephard's Pie, Baked Potato Bar**

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

**Alternate #2 is listed on daily menu**

**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). Featured Farm of The Month is Scott's Yankee Farmer**

**436 Boston Post Road East Lyme, Ct. and the USDA DOD Fresh Fruit Program**

**\*\*\*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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