

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 hot lunch w/milk included


FREE Reduced Lunch w/milk included

Breakfast Regular Price FREE



**February 2021 EAST LYME MIDDLE
ALT #1 MUFFIN YOGURT FUN MEAL DAILY**

Monday	Tuesday	Wednesday	Thursday	Friday
ALT #1 MUFFIN YOGURT FUN MEAL DAILY	FREE Breakfast Grab and GO Whole Grain Meals, Fresh Fruit, 100% Juices, and Milk FREE	ALL STUDENT MEALS ARE FREE BREAKFAST AND LUNCH		ALT #1 MUFFIN YOGURT FUN MEAL DAILY
1 Cheese Pizza/Pepperoni Whole wheat crust Garden salad w/ Chickpeas Apple Sauce Milk Free Distance Learning Thursday Friday Students Pick up Meal Day At Middle School Bus Lane 8:45am to 10am	2 Chicken Patty On a roll Fries, veggie, and fruit Milk	3 Free Distance Learning Thursday Friday Students Pick up Meal Day At Middle School Bus Lane 8am to 10am	4 Cheese Pizza/Pepperoni Whole wheat crust Garden salad w/ Chickpeas Apple Sauce Milk	5 Chicken Patty On a roll Fries, veggie, and fruit Milk Free Distance Learning Thursday Friday Students Pick up Meal Day At Middle School Bus Lane 8:45am to 10am
8 Hamburger or cheeseburger on a whole grain bun/Hot Dog French fries/Veggies Fruit, Milk Distance Learning Students Pick up Meal Day At Middle School Bus Lane	9 Pasta Dinner Meatballs/Sauce Salad/Fruit Milk	10 Distance Learning Students Pick up Meal Day At Middle School Bus Lane 8am to 10am	11 Pasta Dinner Meatballs/Sauce Salad/Fruit Milk	12 Hamburger or cheeseburger on a whole grain bun/Hot Dog French fries/Veggies Fruit, Milk Free Distance Learning Thursday Friday Students Pick up Meal Day At Middle School Bus Lane

Monday	Tuesday	Wednesday	Thursday	Friday
15 No School President's Day 	16 No School	17 Distance Learning Students Pick up Meal Day At Middle School Bus Lane 8am to 10am	18 Brunch for Lunch Whole grain French Toast / Tater Tots / Sausage / Fruit / OJ + Apple Juice Milk	19 Chicken Nuggets Mashed Potato Veggie Apple Sauce Milk Free Distance Learning Students Pick up Meal Day At Middle School Bus Lane 8:45am to 10am
22 Nacho Bar Beef, veggies, cheese, Whole Grain Nacho Chips Fruit and milk Free Distance Learning Students Pick up Meal Day At Middle School Bus Lane 8:45am to 10am	23 Macaroni and Cheese Green Beans/Bread stick Apple Sauce Milk	24 Distance Learning Students Pick up Meal Day At Middle School Bus Lane 8am to 10am	25 Macaroni and Cheese Green Beans/Bread stick Apple Sauce Milk	26 Nacho Bar Beef, veggies, cheese, Whole Grain Nacho Chips Fruit and milk Free Distance Learning Students Pick up Meal Day At Middle School Bus Lane 8:45am to 10am

All Student meals are FREE Breakfast and Lunch Through June 30, 2021
Please also email me with any questions at Christian.Urban@elpsk12.org

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.

This institution is an equal opportunity provider.