

### 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



## JANUARY 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>Reminder if you receive Free/Reduced lunch benefits it also includes Free Breakfast for both benefits daily.</p>	<p><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 \$1.75</b></p>	<p><b>2</b>            Baked Mozzarella Sticks w/ Tomato Sauce            Garlic or Reg. Bread Stick            Garden salad/ Green Beans            Fresh Fruit            Milk  <b>Alt#2 Grilled Chicken Wrap</b></p>	<p><b>3</b>            Hamburger or Cheeseburger            Whole Wheat Roll            Whole Grain Onion Rings /Oven Fries            Fruit/Green Beans            Milk  <b>Alt#2 Grilled Chicken Caesar Salad</b></p>	<p><b>4</b>            Cheese or Pepperoni Pizza            Whole wheat crust            Garden salad w/Chick peas            Apple sauce            Milk  <b>Alt#2 Boar's Head Chef Salad</b></p>
<p><b>7</b>            Whole Grain Pasta w/ sauce and meatballs            Garlic Bread or Regular Bread Stick            Green beans/fruit            Milk  <b>Alt#2 Chicken Patty</b></p>	<p><b>8 Build your own Waffle Bar</b>  <b>Sausage, strawberries, whip cream, maple syrup</b>  <b>Assorted Fresh Fruit and Veggies</b>  <b>Apple, orange juice, and milk</b>  <b>Alt#2 Boar's Head Turkey Wrap w/Baked chins</b></p>	<p><b>9 Chinese Take out</b>            General Tso's or plain Popcorn            Chicken            Brown Rice, Broccoli and Carrots            Fruit cup            Milk            Fortune Cookie  <b>Alt#2 Grilled Chicken Wrap</b></p>	<p><b>10</b>            Chicken Nuggets            Whole Wheat Bread Stick            Sweet Potato Fries/Mashed Potato            Corn/Fruit            Carrots            Milk  <b>Alt#2 Turkey Dinner</b></p>	<p><b>11</b>            Cheese or Pepperoni Pizza            Whole wheat crust            Garden salad w/Chick peas            Apple sauce            Milk  <b>Alt#2 Boar's Head Chef Salad</b></p>
<p><b>14</b>            Baked Mozzarella Sticks w/ Tomato Sauce            Garlic or Reg. Bread Stick            Garden salad            Fresh Fruit            Milk  <b>Alt#2 Grilled Chicken Wrap</b></p>	<p><b>15 Nacho Bar</b>            Beef or Chicken on Whole Grain Corn Nacho's            Salsa, Cheese Sauce, and Lettuce            Refried Beans, Olives, and Jal.            Peppers/Fresh Fruit            Milk  <b>Alt#2 Boar's Head Turkey Wrap w/Baked chips</b></p>	<p><b>16</b>            Chicken Patty /Spicy or Reg. on a Whole Wheat roll            Smile Fry/Sweet potato fry            Broccoli/Peaches            Milk  <b>Alt#2 Boar's Head Ham Sandwich w/Baked chips</b></p>	<p><b>17 Brunch for Lunch</b>            Whole Grain            French Toast /Tarter Tot's            Sausage /Carrot sticks            Fruit/OJ +AJ Juices            Milk  <b>Alt#2 Grilled Cheese Sandwich on Whole Wheat Bread w/ Soup</b></p>	<p><b>18</b>            Cheese or Pepperoni Pizza            Whole wheat crust            Garden salad w/Chick peas            Apple sauce            Milk  <b>Alt#2 Boar's Head Chef Salad</b></p>
<p><b>21</b>            No School  <b>Martin Luther King Day</b></p>	<p><b>22</b>            Hot Dog on a Whole Wheat Roll            Baked Beans/Carrot Sticks            Oven Fries/Fruit            Milk  <b>Alt#2 Grilled Chicken Caesar Salad</b></p>	<p><b>23</b>            Hamburger or Cheeseburger            Whole Wheat Roll            Sweet Potato Fries /Oven Fries            Fruit/Green Beans            Milk  <b>Alt#2 Chicken Patty</b></p>	<p><b>24</b>            Meatball Sub            Veggies sticks/ranch dressing            Fresh Fruit/Broccoli            Milk  <b>Alt#2 Mexico Nacho Express</b></p>	<p><b>25</b>            Cheese or Pepperoni Pizza            Whole wheat crust            Garden salad w/Chick peas            Apple sauce            Milk  <b>Alt#2 Boar's Head Chef Salad</b></p>

## January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>28</b> Whole Grain Pasta w/ sauce and meatballs Garlic Bread or Regular Bread Stick Green beans/fruit Milk</p> <p><b>Alt#2 Grilled Chicken Sandwich</b></p>	<p><b>29 BUILD YOUR OWN TACO BAR</b> Beef or Chicken Corn Tortilla hard or soft shell Salsa, Cheese, and Lettuce Refried Beans Fresh fruit/Milk</p> <p><b>Alt#2 Grilled Chicken Wrap</b></p>	<p><b>30 Chinese Take out</b> General Tso's or plain Popcorn Chicken Brown Rice, Broccoli and Carrots Fruit cup Milk Fortune Cookie</p> <p><b>Alt#2 Chicken Patty</b></p>	<p><b>31 Super Bowl Party Brunch for Lunch</b> 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>	

**January 31<sup>st</sup> Second Annual Super Bowl Party. Wear your Favorite Team Gear, Giveaways, Video Highlights, and Fun**

**\*\*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**

**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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Washington, D.C. 20250-9410;*
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