

### 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 GUIDELINES\*\*\*

### 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



## JANUARY 2019 MIDDLE 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 \$2.00</b></p>	<p>2  <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></p>	<p>3 Brunch for Lunch          Whole grain French Toast / Tater Tots / Sausage/          Fruit / OJ + Apple Juice          Milk    <i>Alt #2</i> Chicken Patty</p>	<p>4          Cheese or Pepperoni Pizza          Whole wheat crust          Garden salad w/Chick peas          Apple sauce          Milk    <b>Alt#2 Chef Special</b></p>
<p>7          Mac &amp; Cheese          Corn/Dinner roll          Fruit          Milk          Alt#2 Breakfast Cereal meal whole grain</p>	<p>8          Hamburger or Cheeseburger          Fries          Whole gain bun          Fruit          milk          Alt#2 Chef Special</p>	<p>9  <b>Turkey Dinner</b>  <b>Stuffing, mashed potatoes</b>  <b>Butternut squash</b>    <b>Alt # 2 Lasagna Rolls</b>  <b>Dinner Roll</b></p>	<p>10          Chicken Patty on a Whole Wheat roll          Broccoli/Fruit Cup/Carrots          Milk    <b>Alt#2 Chef Special</b></p>	<p>11          Cheese or Pepperoni Pizza          Whole wheat crust          Garden salad w/Chick peas          Apple sauce          Milk  <b>Alt#2 Chef Special</b></p>
<p>14          Whole Grain Pasta w/ sauce and meatballs          Garlic Bread or Regular Bread Stick          Green beans/fruit          Milk            Alt#2 Breakfast Cereal meal whole grain</p>	<p>15          Taco Tuesday          Beef or chicken          Corn tortilla, hard or soft shell          Salsa, cheese          Fruit/milk    <b>Alt#2 Chef Special</b></p>	<p>16          hotdog on a Whole Wheat roll          Broccoli/Fruit Cup/Carrots          Milk            Alt#2 Chef Special</p>	<p>17  <b>Brunch for Lunch</b>  <b>Whole grain French Toast / Tater Tots / Sausage/ Fruit / OJ + Apple Juice</b>  <b>Milk</b>            Alt#2 Chef Special</p>	<p>18          Cheese or Pepperoni Pizza          Whole wheat crust          Garden salad w/Chick peas          Apple sauce          Milk    <b>Alt#2 Chef Special</b></p>
<p>21    <b>No School</b>  <b>Martin Luther King Day</b></p>	<p>22          Baked Mozzarella Sticks w/ Tomato Sauce          Garlic or Reg. Bread Stick          Garden salad/Broccoli          Fresh fruit/ Milk            Alt #2 Chef Special</p>	<p>23          Sheppard's Pie          Dinner roll          Veggie of the Day          Fruit/milk            Alt #2 Chef Special</p>	<p>24 Chinese take out          General Tso's or plain popcorn chicken          Brown rice, Broccoli, and Carrots          Fruit cup          Milk          Fortune cookie          Alt #2 Chefs special</p>	<p>25          Cheese or Pepperoni Pizza          Whole wheat crust          Garden salad w/Chick peas          Apple sauce          Milk          Alt#2 Chef Special</p>

# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>28 Pasta with Meat Sauce Cheesy Garlic Bread Fruit Milk</p> <p><i>Alt #2 Breakfast Cereal meal whole grain</i></p>	<p>29 <b>NACHO TACO TUESDAY</b> <b>Beef or Chicken on Whole Grain Corn Nachos Salsa, Cheese Sauce, and Lettuce</b> <b>Refried Beans, Olives, and Jalapeno Peppers/Fresh fruit/Milk</b> <i>Alt #2 Chefs special</i></p>	<p>30 <b>Meatball Subs on a Whole Wheat roll</b> <b>French Fries</b> Fruit/milk Special Treat</p> <p><i>Alt #2 Chefs special</i></p>	<p>31 <b>**Super Bowl Party**</b> Hamburger or Cheeseburger Fries Whole gain bun Fruit milk Alt#2 Chef Special</p>	

**January 31<sup>st</sup> Second Annual Super Bowl Party. Wear your Favorite Team Gear, Giveaways, and Fun**  
**\*\*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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- (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).

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