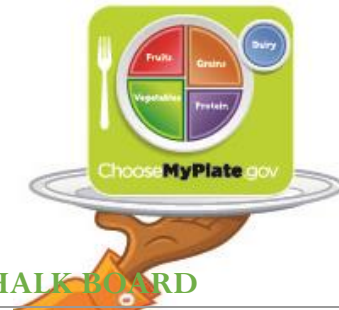


Nutritional Component Key

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



JANUARY 2019 HIGH SCHOOL

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

Monday	Tuesday	Wednesday	Thursday	Friday
BOAR'S HEAD DELI GRINDER/SALAD BAR OPEN DAILY ADDITIONAL CHOICES POSTED IN THE CAFÉ DAILY VEGETARIAN CHOICES DAILY	Grab and Go Breakfast Daily Breakfast Sandwiches Whole grain Baked Goods, Fresh Fruit, 100% Juices, Whole Grain Cereal, and Milk Regular Price \$2.25	2 Hamburger or Cheeseburger Whole Wheat Roll Fun size Chips Fruit/Green Beans Milk Alt#2 Grilled Chicken Sandwich Veggie Burgers	3 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	4 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/ Chick peas Apple sauce Milk Alt#2 Chef Special
7 Chicken Nuggets Whole Wheat Bread Stick Sweet Potato Fries/Smile Fry Corn/Fruit Milk Alt#2 Chef Special Veggie Burgers	8 Chinese Take out General Tso's or plain Popcorn Chicken Brown Rice, Broccoli and Carrots Fruit cup Milk Fortune Cookie Alt#2 Shepard's Pie	9 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	10 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	11 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/ Chick peas Apple sauce Milk Alt#2 Asian Noodle Bar
14 Whole Grain Pasta w/ sauce and meatballs Garlic Bread or Regular Bread Stick Green beans/fruit Milk Alt#2 Chef Special	15 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	16 Chicken Parm Dinner Pasta, Sauce, Garlic Bread Broccoli Fruit Milk Alt#2 Turkey Dinner w/ Mashed Potato and Gravy	17 Exam Breakfast Buffet Pancakes, Sausage, Homefries, Breakfast Wraps, Eggs, Fresh Fruit, and Juice \$3.50	18 Exam Breakfast Buffet Pancakes, Sausage, Homefries, Breakfast Wraps, Eggs, Fresh Fruit, and Juice \$3.50
21 No School Martin Luther King Day	22 Exam Breakfast Buffet Pancakes, Sausage, Homefries, Breakfast Wraps, Eggs, Fresh Fruit, and Juice \$3.50	23 No Breakfast or Lunch Service	24 No Breakfast or Lunch Service	25 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/ Chick peas Apple sauce Milk Alt#2 Chef Special

JANUARY 2019

CHECK OUT THE NEW LOCAL GROWN FRUIT AND VEGGIE BAR!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>28 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>29 BUILD YOUR OWN TACO TUESDAY BAR Beef or Chicken Corn Tortilla hard or soft shell Salsa, Cheese, and Lettuce Refried Beans Fresh fruit/Milk</p> <p>Alt#2 Chef Special</p>	<p>30 Chicken Patty /Spicy or Reg. on a Whole Wheat roll Smile Fry/Sweet potato fry 3 Bean Salad/Peaches Milk</p> <p>Alt#2 Sushi Bar</p>	<p>31 **Super Bowl Party** Hamburger or Cheeseburger Whole Wheat Roll Fun size Chips/Fruit/Green Beans Milk Alt#2 Hot Dog on Whole Wheat Roll</p> <p style="text-align: center;">**Special Treat**</p> <p>Veggie Burgers</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>

January 31st 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 **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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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (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.