

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



MARCH 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	March 4th -March 8th is National School Breakfast Week 		1 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Chef Special
4 Chicken Nuggets Whole Wheat Bread Stick Sweet Potato Fries/Smile Fry Corn/Fruit Milk Alt#2 Chef Special Veggie Burgers	5 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	6 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	7 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Macaroni and Cheese	8 PD Day No School
11 Whole Grain Pasta w/ sauce and meatballs Garlic Bread or Regular Bread Stick Green beans/fruit Milk Alt#2 Chef Special	12 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 Chef Special	13 Chicken Parm Dinner Pasta, Sauce, Garlic Bread Broccoli Fruit Milk Alt#2 Sushi Bar	14 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	15 St. Patrick's Day Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk St. Patrick's Day Treat Alt#2 Asian Noodle Bar
18 Hamburger or Cheeseburger Whole Wheat Roll Fun size Chips/Fruit/Green Beans Milk Alt#2 Hot Dog on Whole Wheat Roll Veggie Burgers	19 TACO TUESDAY BAR Beef or Chicken Corn Tortilla hard or soft shell Salsa, Cheese, and Lettuce Refried Beans Fresh fruit/Milk Alt#2 Chef Special	20 Steak and Cheese Sub Steak Fries Broccoli Fresh Fruit Milk Alt#2 Turkey Dinner w/ Mashed Potato and Gravy	21 Build your own Pancake Bar Sausage, strawberries, maple syrup, chocolate chips Assorted Fresh Fruit and Veggies Apple, orange juice, and milk Alt#2 Baked Ziti w/ Garlic Bread	22 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Chef Special

MARCH 2019

CHECK OUT THE NEW LOCAL GROWN FRUIT AND VEGGIE BAR!

Monday	Tuesday	Wednesday	Thursday	Friday
25 Brunch for Lunch Whole Grain French Toast /Tarter Tot's Sausage /Carrot sticks Fruit/OJ +AJ Juices Milk Alt#2 Lasagna w/ Garlic Bread	26 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	27 Chicken Patty /Spicy or Reg. on a Whole Wheat roll Smile Fry/Sweet potato fry 3 Bean Salad/Peaches Milk Alt#2 Pasta Bar	28 Opening Day Baseball Party Hamburger or Cheeseburger Whole Wheat Roll Fun size Chips/Fruit/Green Beans Milk Alt#2 Hot Dog on Whole Wheat Roll Veggie Burgers	29 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Chef Special

****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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- (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.

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