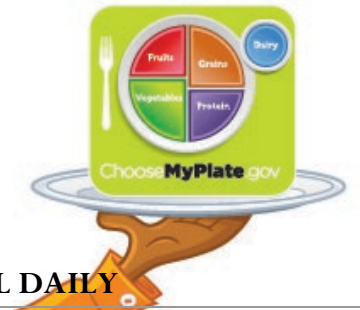


**Nutritional Component Key**

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



**March 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><b>1 Dr. Seuss Day</b>                      Cheese or Pepperoni Pizza                      Whole wheat crust                      Garden salad w/Chick peas                      Apple sauce                      Milk                      Birthday Cake  <b>Alt#2 Chef Special</b></p>
<p><b>4</b>                      Mac &amp; Cheese                      Corn                      Dinner roll                      Fruit                      Milk                      Alt#2</p>	<p><b>5</b>                      Hamburger or Cheeseburger                      Fries                      Whole gain bun                      Fruit                      milk                      Alt#2 Chef Special</p>	<p><b>6</b>  <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><b>7</b>  <b>Cheese or Pepperoni Pizza</b>  <b>Whole wheat crust</b>  <b>Garden salad w/Chick peas</b>  <b>Apple sauce</b>  <b>Read Across America Birthday Cake</b>  <b>Milk</b>  <b>Alt#2 Chef Special</b></p>	<p><b>8</b>                       PD Day                      No School</p>
<p><b>11</b>                      Whole Grain Pasta w/ sauce and meatballs                      Garlic Bread or Regular Bread Stick                      Green beans/fruit                      Milk   <b>Alt#2 Chef Special</b></p>	<p><b>12</b>                      Taco Tuesday                      Beef or chicken                      Corn tortilla, hard or soft shell                      Salsa, cheese                      Fruit/milk   <b>Alt#2 Chef Special</b></p>	<p><b>13</b>                      Chicken Wings, Mozz Sticks and French fries                      Fruit and Veggie Sticks                      Dinner Roll                      Milk                       Alt#2 Chef Special</p>	<p><b>14</b>  <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><b>15 St. Patrick's Day</b>                      Cheese or Pepperoni Pizza                      Whole wheat crust                      Garden salad w/Chick peas                      Apple sauce                      Milk                      St. Patrick's Day Treat   <b>Alt#2 Chef Special</b></p>
<p><b>18</b>  <b>Pasta with Meat Sauce</b>  <b>Cheesy Garlic Bread</b>  <b>Fruit</b>  <b>Milk</b>   <b>Alt #2 Chef Special</b></p>	<p><b>19</b>  <b>Chicken Patty on a Whole Wheat roll</b>  <b>Broccoli/Fruit Cup/Carrots</b>  <b>French fries</b>  <b>Milk</b>  <b>Alt #2 Chef Special</b></p>	<p><b>20</b>                      Shepherd's pie                      Garlic or Reg. Bread Stick                      Garden salad/Broccoli                      Fresh fruit/ Milk                       Alt #2 Chef Special</p>	<p><b>21</b> Chinese take out                      General Tso's or plain popcorn chicken                      Brown rice, Broccoli, and Carrots                      Fruit cup                      Milk                      Fortune cookie                      Alt #2 Chef special</p>	<p><b>22</b>                      Cheese or Pepperoni Pizza                      Whole wheat crust                      Garden salad w/Chick peas                      Apple sauce                      Milk                      Alt#2 Chef Special</p>

## March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>25</p> <p>Chicken Parm With Pasta Cheesy Garlic Bread Fruit Milk</p> <p><i>Alt #2 Chef Special</i></p>	<p>26 NACHO TACO TUESDAY</p> <p>Beef or Chicken on Whole Grain Corn Nachos Salsa, Cheese Sauce, and Lettuce Refried Beans, Olives, and Jalapeno Peppers/Fresh fruit/Milk Alt#2 Chef Special</p>	<p>27</p> <p>Hotdog on a Whole Wheat roll French fries Baked Beans/Fruit Cup/Carrots Milk</p> <p><i>Alt#2 Chef Special</i></p>	<p>28 Opening Day Baseball Party Brunch for Lunch Whole grain French Toast / Tater Tots / Sausage/ Fruit / OJ + Apple Juice Milk Special Treat for Baseball Party</p> <p><i>Alt#2 Chef Special</i></p>	<p>29</p> <p>Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Chef Special</p>

**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](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](mailto:program.intake@usda.gov).

*This institution is an equal opportunity provider.*