

**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 GUIDELINE

**Lunch Prices**

FREE hot lunch w/milk included  
 FREE Reduced Lunch w/milk included  
 Breakfast Regular Price FREE



**March 2021 EAST LYME HIGH SCHOOL**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b>  <b>Chinese Take out</b>                      Popcorn Chicken                      Brown Rice, Broccoli and Carrots                      Fruit cup                      Milk/Fortune Cookie                      Free Distance Learning Students Pick up Meal Day                      At Middle School Bus Lane</p>	<p><b>2</b>  <b>Build your own Nacho Meal</b>                      Beef, Salsa, Cheese, Corn Nacho                      Chips, and Veggies                      Fresh Fruit                      Milk</p>	<p><b>ALL STUDENT MEALS ARE FREE BREAKFAST AND LUNCH</b></p>	<p><b>4</b>  <b>Pasta Dinner</b>                      Meat Sauce                      Salad/Fruit                      Milk</p>	<p><b>5</b>                      Cheese Pizza                      Whole wheat crust                      Garden salad w/ Chickpeas                      Apple Sauce/Milk                      Free Distance Students Pick up Meal Day                      At Middle School Bus Lane                      8:45am to 10am</p>
<p><b>8</b>                      Hot Dog on a Whole Wheat Roll                      Baked Beans/Carrot Sticks                      Oven Fries/Fruit                      Milk                      Free Distance Learning Students Pick up Meal Day                      At Middle School Bus Lane                      8:45am to 10am</p>	<p><b>9</b>                      Brunch for Lunch                      Whole grain French Toast /                      Tater Tots / Sausage/                      Fruit / OJ + Apple Juice                      Milk</p>	<p><b>10</b>                      Free Distance Learning Students Pick up Meal Day                      At Middle School Bus Lane                      8am to 10am</p>	<p><b>11</b>                      Hamburger or cheeseburger on a whole grain bun                      French fries/Veggies                      Fruit, Milk</p>	<p><b>12</b>                      Cheese Pizza                      Whole wheat crust                      Garden salad w/ Chickpeas                      Apple Sauce                      Milk                      Free Distance Students Pick up Meal Day                      At Middle School Bus Lane                      8:45am to 10am</p>
<p><b>15</b>                      Chicken Patty                      Whole Wheat Roll                      Smile Fries                      Fruit/Veggies                      Milk</p>	<p><b>16</b>  <i>Sloppy Joe's</i>  <b>Mashed Potato</b>  <b>Veggies and Fruit</b>  <b>Milk</b></p>	<p><b>17</b> <i>New Location</i>                      Free Distance Learning Students Pick up Meal Day                      At High School Bus Lane                      7:45am to 9:45am</p>	<p><b>18</b>  <b>Chicken Nuggets</b>                      Assorted Sauce, Fries, and Veggies                      Fruit/Bread Stick                      Milk</p>	<p><b>19</b>                      Cheese Pizza                      Whole wheat crust                      Garden salad w/ Chickpeas                      Apple Sauce                      Milk                      Distance Learning Students Pick up Meal Day                      At High School Bus Lane                      7:45 to 9:45</p>

22 Salisbury Steak Mashed Potato and Veggie Gravy Milk	23 Hamburger or cheeseburger on a whole grain bun French fries/Veggies Fruit, Milk	24 New Location Free Distance Learning Students Pick up Meal Day At High School Bus Lane 7:45am to 9:45am	25 BBQ Chicken Sandwich Pasta Salad and Veggie Fruit Milk	26 Cheese Pizza Whole wheat crust Garden salad w/ Chickpeas Apple Sauce/Milk Distance Learning Students Pick up Meal Day At High School Bus Lane 7:45 to 9:45
29 Chicken Patty Whole Wheat Roll Smile Fries Fruit/Veggies/Milk	30 Pasta Dinner Meatballs/Sauce Salad/Fruit Milk	31 New Location Free Distance Learning Students Pick up Meal Day At High School Bus Lane 7:45am to 9:45am	<b>FREE Breakfast Grab  and GO</b> Whole Grain Meals, Fresh Fruit, 100% Juices, and Milk <b>FREE</b>	<b>ALL STUDENT  MEALS ARE  FREE  BREAKFAST  AND LUNCH</b>

**All Student meals are FREE Breakfast and Lunch Through June 30, 2021**  
**Please also email me with any questions at [Christian.Urban@elpsk12.org](mailto:Christian.Urban@elpsk12.org)**

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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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