

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 GUIDLELINE

Lunch Prices

FREE hot lunch w/milk included

FREE Reduced Lunch w/milk included

Breakfast Regular Price FREE



**March 2021 EAST LYME MIDDLE SCHOOL
ALT #1 MUFFIN YOGURT FUN MEAL DAILY**

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

Monday	Tuesday	Wednesday	Thursday	Friday
22 Build your own Nacho Meal Beef, Salsa, Cheese, Corn Nacho Chips, Sunflower Seeds, and Veggies Fresh Fruit/Milk	23 Hamburger or cheeseburger on a whole grain bun French fries/Veggies Fruit, Milk	24 <p style="text-align: center;"> New Location Free Distance Learning Students Pick up Meal Day At High School Bus Lane 7:45am to 9:45am </p>	25 Brunch for Lunch Whole grain French Toast / Tater Tots / Sausage/ Fruit / OJ + Apple Juice Milk	26 Cheese Pizza Whole wheat crust Garden salad w/ Chickpeas Apple Sauce/Milk <p style="text-align: center;"> Distance Learning Students Pick up Meal Day At High School Bus Lane 7:45 to 9:45 </p>
29 Chicken Patty Whole Wheat Roll Smile Fries Fruit/Veggies/Milk	30 Chicken Parm Pasta and sauce Veggies/Fruit Milk	31 <p style="text-align: center;"> New Location Free Distance Learning Students Pick up Meal Day At High School Bus Lane 7:45am to 9:45am </p>	<p style="text-align: center;"> FREE Breakfast Grab and GO Whole Grain Meals, Fresh Fruit, 100% Juices, and Milk FREE </p>	<p style="text-align: center;"> BOAR'S HEAD DELI GRINDER/SALAD Pre-made Daily Chef Specials posted in Café </p>

All Student meals are FREE Breakfast and Lunch Through June 30, 2021
Please also email me with any questions at Christian.Urban@elpsk12.org

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.

This institution is an equal opportunity provider.