

**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 ELEMENTARY  
ALT #1 MUFFIN YOGURT FUN MEAL DAILY**

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 <i>Free Distance Learning Students Pick up Meal Day At Middle School Bus Lane</i></p>	<p><b>2</b> <b>Build your own Nacho Meal</b> Beef, Salsa, Cheese, Corn Nacho Chips, Sunflower Seeds, and Veggies Fresh Fruit Milk</p>	<p><b>ALL STUDENT MEALS ARE FREE BREAKFAST AND LUNCH</b></p>	<p><b>4</b> <b>Boars Head Ham and Cheese Grinder</b> <i>Fun Size Chips, Carrot w/Ranch</i> Fruit Milk</p>	<p><b>5</b> Cheese Pizza Whole wheat crust Garden salad w/ Chickpeas Apple Sauce/Milk <i>Free Distance Students Pick up Meal Day At Middle School Bus Lane 8:45am to 10am</i></p>
<p><b>8</b> Hot Dog on a Whole Wheat Roll Baked Beans/Carrot Sticks Oven Fries/Fruit Milk <i>Free Distance Learning Students Pick up Meal Day At Middle School Bus Lane 8:45am to 10am</i></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> <i>Free Distance Learning Students Pick up Meal Day At Middle School Bus Lane 8am to 10am</i></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 <i>Free Distance Students Pick up Meal Day At Middle School Bus Lane 8:45am to 10am</i></p>
<p><b>15</b> Chicken Patty Whole Wheat Roll Smile Fries Fruit/Veggies Milk</p>	<p><b>16</b> <b>Boars Head Turkey and Cheese Grinder</b> <i>Fun Size Chips, Carrot w/Ranch</i> Fruit Milk</p>	<p><b>17</b> <i>New Location</i> <b>Free Distance Learning Students Pick up Meal Day</b> <b>At High School Bus Lane</b> <b>7:45am to 9:45am</b></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 <i>Distance Learning Students Pick up Meal Day At High School Bus Lane 7:45 to 9:45</i></p>

Monday	Tuesday	Wednesday	Thursday	Friday
22 <b>Build your own Nacho Meal</b> Beef, Salsa, Cheese, Corn Nacho Chips, Sunflower Seeds, and Veggies Fresh Fruit/Milk	23 March Madness Party  Hamburger or cheeseburger on a whole grain bun French fries/Veggies Fruit, Milk	24 New Location <b>Free Distance Learning Students Pick up Meal Day</b> <b>At High School Bus Lane</b> <b>7:45am to 9:45am</b>	25 Brunch for Lunch Whole grain French Toast / Tater Tots / Sausage/ Fruit / OJ + Apple Juice Milk	26 March Madness Party Cheese Pizza Whole wheat crust Garden salad w/ Chickpeas Apple Sauce/Milk <b>Distance Learning Students Pick up Meal Day</b> <b>At High School Bus Lane</b> <b>7:45 to 9:45</b>
29 Chicken Patty Whole Wheat Roll Smile Fries Fruit/Veggies/Milk	30 <b>Pasta Dinner</b> <b>Meatballs/Sauce</b> <b>Salad/Fruit</b> <b>Milk</b>	31 New Location <b>Free Distance Learning Students Pick up Meal Day</b> <b>At High School Bus Lane</b> <b>7:45am to 9:45am</b>	<b>FREE Breakfast Grab and GO</b> <b>Whole Grain Meals, Fresh Fruit, 100% Juices, and Milk</b> <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)**

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

*This institution is an equal opportunity provider.*