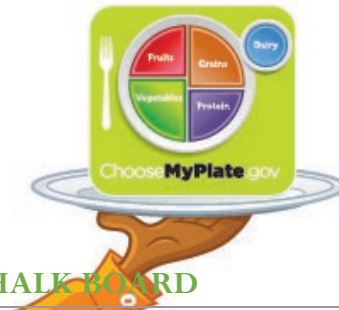


Nutritional Component Key

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



APRIL 2019 HIGH SCHOOL

CHECK OUT THE NEW LOCAL GROWN FRUIT AND VEGGIE BAR! VEGETARIAN CHOICES LISTED ON CHALK BOARD

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Hamburger or Cheeseburger Whole Wheat Roll Fun size Chips/Fruit/Green Beans Milk Alt#2 Hot Dog on Whole Wheat Roll Veggie Burgers</p>	<p>2 BUILD YOUR OWN TACO BAR Beef or Chicken Corn Tortilla hard or soft shell Salsa, Cheese, and Lettuce Refried Beans Fresh fruit/Milk Alt#2 Chef Special</p>	<p>3 Chicken Nuggets Whole Wheat Bread Stick Sweet Potato Fries/Smile Fry Corn/Fruit Milk Alt#2 Sushi Bar</p>	<p>4 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</p>	<p>5 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Chef Special</p>
<p>8 Breakfast Buffet Pancakes, Sausage, Homefries, Breakfast Wraps, Breakfast Sandwiches, Eggs, Fresh Fruit, Assorted Juices, and More \$3.50 (Free and Reduced Students receive free Meal) Open 7am</p>	<p>9 Breakfast Buffet Pancakes, Sausage, Homefries, Breakfast Wraps, Breakfast Sandwiches, Eggs, Fresh Fruit, Assorted Juices, and More \$3.50 (Free and Reduced Students receive free Meal) Open 7am</p>	<p>10 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</p>	<p>11 Whole Grain Pasta w/ sauce and meatballs Garlic Bread or Regular Bread Stick Green beans/fruit Milk Alt#2 Grilled Chicken Wrap with Tostito Chips</p>	<p>12 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Asian Noodle Bar</p>
<p>15 No School Spring Break</p>	<p>16 No School Spring Break</p>	<p>17 No School Spring Break</p>	<p>18 No School Spring Break</p>	<p>19 No School Spring Break</p>
<p>22 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>23 Chicken Parm Sandwich Sauce Broccoli Fruit Milk Alt#2 Turkey Dinner w/ Mashed Potato and Gravy</p>	<p>24 Chicken Patty /Spicy or Reg. on a Whole Wheat roll Smile Fry/Sweet potato fry 3 Bean Salad/Peaches Milk Alt#2 Chef Special Veggie Burgers</p>	<p>25 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</p>	<p>26 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Chef Special</p>

APRIL 2019

CHECK OUT THE NEW LOCAL GROWN FRUIT AND VEGGIE BAR!

Monday	Tuesday	Wednesday	Thursday	Friday
29 Whole Grain Pasta w/ sauce and meatballs Garlic Bread or Regular Bread Stick Green beans/fruit Milk Alt#2 Grilled Chicken Wrap with Tostito Chips	30 Brunch for Lunch Whole Grain French Toast /Tarter Tot's Sausage / Carrot sticks Fruit/OJ +AJ Juices Milk Alt#2 Lasagna w/ Garlic Bread		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

****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**

A Special Thank You to the Ct Sun and Black Wolves, New Britain Bees, Yard Goats, and Ct Tigers for all the great things they donated to make our 2nd Annual Opening Day Baseball theme day a great success in March.

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.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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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, 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.

This institution is an equal opportunity provider.