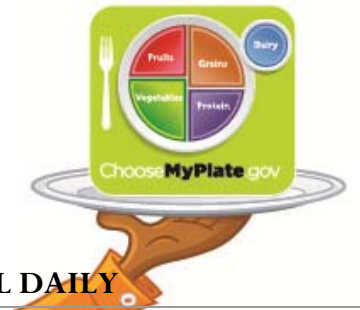


Nutritional Component Key

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

\$2.75 hot lunch w/milk included
 \$.40 Reduced Lunch w/milk included
 Healthy Ct Snacks \$1.00
 Breakfast Regular Price \$1.75



FEBRUARY 2019 ELEMENTARY 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>Grab and Go Breakfast Daily in Main Lobby Whole grain Baked Goods, Fresh Fruit, 100% Juices, Whole Grain Cereal, and Milk Regular Price \$1.75</p>			<p>1 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Boar's Head Chef Salad</p>
<p>4 Hamburger or Cheeseburger Whole Wheat Roll Whole Grain Onion Rings /Oven Fries Fruit/Green Beans Milk Alt#2 Grilled Chicken Caesar Salad</p>	<p>5 Chicken Patty /Spicy or Reg. on a Whole Wheat roll Smile Fry/Sweet potato fry Broccoli/Peaches Milk Alt#2 Boar's Head Ham Sandwich w/Baked chips</p>	<p>6 Waffle Bar Sausage, strawberries, whip cream, maple syrup Assorted Fresh Fruit and Veggies Apple, orange juice, and milk Alt#2 Boar's Head Turkey Wrap w/Baked chips</p>	<p>7 Chinese Take out General Tso's or plain Popcorn Chicken Brown Rice, Broccoli and Carrots Fruit cup Milk Fortune Cookie Alt#2 Grilled Chicken Wrap</p>	<p>8 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Boar's Head Chef Salad</p>
<p>11 Hot Dog on a Whole Wheat Roll Baked Beans/Carrot Sticks Oven Fries/Fruit Milk Alt#2 Grilled Chicken Caesar Salad</p>	<p>12 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 Boar's Head Turkey Wrap w/Baked chips</p>	<p>13 Whole Grain Pasta w/ sauce and meatballs Garlic Bread or Regular Bread Stick Green beans/fruit Milk Alt#2 Chicken Patty</p>	<p>14 Valentine's Day Whole Grain French Toast /Tarter Tot's Sausage /Carrot sticks Fruit/OJ +AJ Juices Milk Alt#2 Grilled Cheese Sandwich on Whole Wheat Bread w/ Soup **Special Treat**</p>	<p>15 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Boar's Head Chef Salad</p>
<p>18 PRESIDENT'S DAY</p>	<p>19 WINTER RECESS</p>	<p>20 Meatball Sub Veggies sticks/ranch dressing Fresh Fruit/Broccoli Milk Alt#2 Mexico Nacho Express</p>	<p>21 Hamburger or Cheeseburger Whole Wheat Roll Sweet Potato Fries /Oven Fries Fruit/Green Beans Milk Alt#2 Chicken Patty</p>	<p>22 Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk Alt#2 Boar's Head Chef Salad</p>

FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
25 Brunch for Lunch Whole Grain French Toast /Tarter Tot's Sausage /Carrot sticks Fruit/OJ +AJ Juices Milk Alt#2 Grilled Cheese Sandwich on Whole Wheat Bread w/ Soup	26 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 Grilled Chicken Wrap	27 Chinese Take out General Tso's or plain Popcorn Chicken Brown Rice, Broccoli and Carrots Fruit cup Milk Fortune Cookie Alt#2 Chicken Patty	28 Whole Grain Pasta w/ sauce and meatballs Garlic Bread or Regular Bread Stick Green beans/fruit Milk Alt#2 Grilled Chicken Sandwich	

****Alternate Entrees are available with daily vegetable offering, Fruit/ Veggie Bar, and Milk****

Alternate #1 Muffin and Yogurt Fun Lunch is offered daily

Alternate #2 is listed on daily menu

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**

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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.*

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