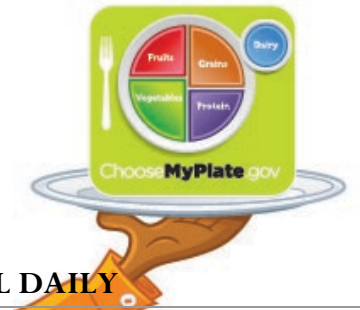


### Nutritional Component Key

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



## MARCH 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><b>Grab and Go Breakfast Daily in Main Lobby</b>  <b>Whole grain Baked Goods, Fresh Fruit, 100% Juices, Whole Grain Cereal, and Milk</b>  <b>Regular Price \$1.75</b></p>	<p>March 4<sup>th</sup>- March 8<sup>th</sup> is <b>National School Breakfast Week</b></p>  <p>National School Breakfast Week</p>		<p><b>1 Dr. Seuss Day</b>            Cheese or Pepperoni Pizza            Whole wheat crust            Garden salad w/Chick peas            How the Grinch Stole Applesauce            Birthday Cake            Milk  <b>Alt#2 Boar's Head Chef Salad</b></p>
<p>4            Whole Grain Pasta w/ sauce and meatballs            Garlic Bread or Regular Bread Stick            Green beans/fruit            Milk  <b>Alt#2 Chicken Patty</b></p>	<p>5 <b>Build your own Waffle Bar</b>  <b>Sausage, strawberries, whip cream, maple syrup</b>  <b>Assorted Fresh Fruit and Veggies</b>  <b>Apple, orange juice, and milk</b>  <b>Alt#2 Boar's Head Turkey Wrap w/Baked chins</b></p>	<p>6 <b>Chinese Take out</b>            General Tso's or plain Popcorn            Chicken            Brown Rice, Broccoli and Carrots            Fruit cup            Milk            Fortune Cookie  <b>Alt#2 Grilled Chicken Wrap</b></p>	<p>7            Cheese or Pepperoni Pizza            Whole wheat crust            Garden salad w/Chick peas            Apple sauce            Milk  <b>Alt#2 Boar's Head Chef Salad</b></p>	<p>8  <b>PD Day</b>  <b>No School</b></p>
<p>11            Baked Mozzarella Sticks w/ Tomato Sauce            Garlic or Reg. Bread Stick            Garden salad            Fresh Fruit            Milk  <b>Alt#2 Grilled Chicken Wrap</b></p>	<p>12 <b>Nacho Bar</b>            Beef or Chicken on Whole Grain Corn Nacho's            Salsa, Cheese Sauce, and Lettuce            Refried Beans, Olives, and Jal.            Peppers/Fresh Fruit            Milk  <b>Alt#2 Boar's Head Turkey Wrap w/Baked chips</b></p>	<p>13            Chicken Patty /Spicy or Reg. on a Whole Wheat roll            Smile Fry/Sweet potato fry            Broccoli/Peaches            Milk  <b>Alt#2 Boar's Head Ham Sandwich w/Baked chips</b></p>	<p>14  <b>Brunch for Lunch</b>            Whole Grain            French Toast /Tarter Tot's            Sausage /Carrot sticks            Fruit/OJ +AJ Juices            Milk  <b>Alt#2 Grilled Cheese Sandwich on Whole Wheat Bread w/ Soup</b></p>	<p>15            Cheese or Pepperoni Pizza            Whole wheat crust            Garden salad w/Chick peas            Apple sauce            Milk  <b>Alt#2 Boar's Head Chef Salad</b></p>
<p>18            Chicken Nuggets            Whole Wheat Bread Stick            Sweet Potato Fries/Mashed Potato            Corn/Fruit            Carrots            Milk  <b>Alt#2 Turkey Dinner</b></p>	<p>19            Hot Dog on a Whole Wheat Roll            Baked Beans/Carrot Sticks            Oven Fries/Fruit            Milk  <b>Alt#2 Grilled Chicken Caesar Salad</b></p>	<p>20            Hamburger or Cheeseburger            Whole Wheat Roll            Sweet Potato Fries /Oven Fries            Fruit/Green Beans            Milk  <b>Alt#2 Chicken Patty</b></p>	<p>21  <b>Chicken Tenders</b>  <b>Bread Stick</b>            Veggies sticks/ranch dressing            Fresh Fruit/Broccoli            Milk  <b>Alt#2 Mexico Nacho Express</b></p>	<p>22            Cheese or Pepperoni Pizza            Whole wheat crust            Garden salad w/Chick peas            Apple sauce            Milk  <b>Alt#2 Boar's Head Chef Salad</b></p>

## March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>25</b> Whole Grain Pasta w/ sauce and meatballs Garlic Bread or Regular Bread Stick Green beans/fruit Milk</p> <p><b>Alt#2 Grilled Chicken Sandwich</b></p>	<p><b>26 BUILD YOUR OWN TACO BAR</b> Beef or Chicken Corn Tortilla hard or soft shell Salsa, Cheese, and Lettuce Refried Beans Fresh fruit/Milk</p> <p><b>Alt#2 Grilled Chicken Wrap</b></p>	<p><b>27 Chinese Take out</b> General Tso's or plain Popcorn Chicken Brown Rice, Broccoli and Carrots Fruit cup Milk Fortune Cookie</p> <p><b>Alt#2 Chicken Patty</b></p>	<p><b>28 Opening Day Baseball Party Brunch for Lunch</b> Whole Grain French Toast /Tarter Tot's Sausage /Carrot sticks Fruit/OJ +AJ Juices Milk Special Treat for Baseball Party Alt#2 Hot dog</p>	<p><b>29</b> Cheese or Pepperoni Pizza Whole wheat crust Garden salad w/Chick peas Apple sauce Milk</p> <p><b>Alt#2 Boar's Head Chef Salad</b></p>

**\*\*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**

**March 28<sup>th</sup> is Opening Day baseball Party. Special treat will come with lunch.**

**During the month of March, we will be having a UConn Dietetic Intern. She will be conducting surveys and taste testing at all of the schools.**

**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](http://myschoolbucks.com)**

**Please also email me with any questions at [Christian.Urban@elpsk12.org](mailto:Christian.Urban@elpsk12.org)**

**Thank you  
Christian Urban FSD**

**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.*