



September 2017

## School Breakfast Program!

Check out our new breakfast program at Lyme-Old Lyme High School. Offered daily!

## What's For Lunch?

- Boar's Head Deli Meats
- CrEATe Action Stations

## Sustainable Spotlight:

- Local/Regional Produce
- Vegetarian Options

## 2017-18 Meal Prices:

- Elementary
  - Breakfast \$2.50
  - Lunch \$3.00
- Middle School
  - Lunch \$3.50
- High School
  - Breakfast \$3.00
  - Type A Lunch \$3.50
  - Deli Meals \$4.25
  - Action Station Meals \$4.25



# Lyme-Old Lyme Public Schools -Dining Services

Parents, Guardians, and Students:

Greetings and welcome back! I hope everyone enjoyed their summer break. As we enter a new school year, I would like to update you on some new menu items and exciting food service changes to help fuel learning here at Region 18.

At the High School, we have initiated a new online ordering program for the Deli. Students and staff can pre-order custom-made sandwiches by 9AM which can be picked up at the beginning of each lunch wave. Please use the link below to access the new online order form.

Link for our Pre-Order Deli Program: [DeliPre-OrderForm](#)

All schools will now offer Boar's Head Deli Meats, our new Wildcat Spring Water, and an increased selection of locally sourced farm products in addition to our healthy snacks.

My contact information is printed below; please do not hesitate to contact me with any questions or comments you may have.

Sincerely,

*Gary*

Gary Holland, Director of Dining Services

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Please check the Region 18 website or click the link below to view any menu:

<http://region18.nutrislice.com/menu/>

## School Breakfast Program

This year, we are offering a tasty and convenient new breakfast program to our high school students, faculty, and staff with a wide variety of breakfast favorites to suit every palate!

Breakfast will be offered 7:15 a.m. to 9:30 a.m.

Hot breakfast sandwiches, pancakes, or French toast will be served daily, in addition to an assortment of grab and go whole grain cereals, muffins, bagels, and yogurt parfaits. Choice of milk and fruits are included with every breakfast. Full Paid: \$3.00, Reduced: \$0.30, Free to those that qualify.

Come on in and try it out.

Lyme Consolidated Elementary School will continue to offer a Grab-n-Go Breakfast from 8:30-8:45AM.

## What's for Lunch?

### **Boar's Head Meats**

All of our students deserve the highest quality, most delicious options for their school meals. To enhance our programs, we are proudly serving *Boar's Head* brand deli meats at all Region 18 café's. Look for new deli sandwiches at Mile Creek and Lyme Consolidated Elementary Schools and LOL Middle School, and our made to order sandwich station at the High School.

### **CrEATe Action Stations**

Available at LOL High School, featuring made to order Chef prepared pastas, stir fry, nachos, fajitas, burritos, breakfast for lunch, salads and MORE! Your student can choose from a healthy variety of whole grains, meats, vegetables, toppings and condiments for a personal, balanced meal.

Lyme Consolidate Lunch Waves times: 11:30 a.m. to 11:55 a.m. and 11:55 a.m. to 12:20 p.m.

Mile Creek Lunch Wave times: 11:30 a.m. to 11:55 a.m. 11:55 a.m. to 12:20 p.m. 12:20 pm to 12:45 p.m.

Middle School Lunch Wave times: 11:05 a.m. to 11:30 a.m. and 11:54 a.m. to 12:20 p.m.

High School Lunch Wave times: 10:47 a.m. to 11:11 a.m. and 11:46 a.m. to 12:10 p.m.

## Menus of Change

Chartwells has partnered with the **Culinary Institute of America** on their Menus of Change initiative, which encourages the foodservice industry to adopt menu planning practices for healthier, more sustainable menus. To reach this goal, Lyme-Old Lyme breakfast and lunch programs will feature locally /regionally procured fruits and vegetables, cage free eggs, and rBGH-free yogurt. Look for the new "Locally Grown" badge on your school breakfast and lunch menus that highlight items from the region. Additionally, a wide variety of vegetarian options have been added to promote a "Plant-Powered" sustainable menu for Region 18. This Employer is an Equal Opportunity Provider.