



## Lyme Old Lyme ES: Lunch Menu April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey Hot Dog Baked Beans Tator Tots	2 Beef Nachos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mexican Corn	3 Chicken Nuggets Honey Mustard or BBQ Sauce Baked Curly Fries Savory Green Beans	4 Pasta with Meatballs Seasoned Broccoli Toasted Whole Grain Garlic Bread	5 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
<b>Week 1: Mini Maple Burst Pancakes Fun Lunch/Boar's Head Oven Gold Turkey and Provolone w/Lettuce on a Bulkie Roll</b>				
8 Classic Cheeseburger on Whole Grain Bun Seasoned Potato Wedges Savory Green Beans	9 Chicken Burrito w/Refried Beans and Cheddar, Salsa, Light Sour Cream, Mixed Veg, Rice	10 Golden Toasty Cheese Sandwich Campbell's Tomato Soup	11 Breakfast for Lunch Pancakes, Syrup Sausage Patties and Tator Tots	12 Classic Cheese OR Pepperoni Pizza California Veggie Blend <b>No Fun or Sandwich Lunch</b>
<b>Week 2: Nachos Fun Lunch/Boar's Head Maple Honey Ham and Swiss w/Lettuce in a Whole Grain Wrap</b>				
15 <b>HAVE</b>	16 <b>A</b>	17 <b>GREAT</b>	18 <b>SPRING</b>	19 <b>BREAK!</b>
<b>Week 3: Muffin, Yogurt &amp; String Cheese Fun Lunch/Boar's Head Oven Gold Turkey and Provolone on a Bulkie Roll</b>				
22 Breakfast for Lunch French Toast Sticks, Syrup Sausage Patties and Tator Tots	23 Beef Tacos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mexican Corn	24 Chicken Parm Over Rotini Pasta & Sauce Seasoned Broccoli Toasted WG Garlic Bread	25 Roast Turkey w/Gravy Mashed Potatoes Mixed Vegetables Whole Grain Dinner Roll	26 Classic Cheese OR Pepperoni Pizza California Veggie Blend
29 Macaroni and Cheese w/Maple Honey Ham Seasoned Broccoli Whole Grain Breadstick	30 Chicken and Cheese Quesadilla Salsa, Light Sour Cream Mixed Veggies, Fiesta Rice	<b>Build Your Tray the Healthy Way! Take at Least 3 Food Groups</b>		<b>Vegetable and Fruit Fruit Side Dishes And a Choice of Milk</b>
<b>Week 4: Cereal, Yogurt, and String Cheese Fun Lunch/Boar's Head Chicken Breast and American w/Lettuce in a WG Wrap</b>				
<b>Farm Fresh Fruit and Vegetables featuring Local Farms and Orchards</b>				
Power Peas Fresh Baby Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Garbanzo Beans Green Pepper Strips Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Power Peas Fresh Baby Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Garbanzo Beans Green Pepper Strips Assorted Fresh Fruit (LG) Assorted Chilled Fruit	Power Peas Fresh Baby Carrots Assorted Fresh Fruit (LG) Assorted Chilled Fruit
<b>We Now Serve</b>	<b>Boar's Head</b>	<b>Deli Meats</b>	<b>At All Our Schools</b>	<b>In Region 18!</b>



Vegetarian



Locally Grown

**Food Focus of the Month:  
Yogurt!**

A Full Student Lunch includes an entrée supplying grain and/or protein, two (2) vegetable and one (1) fruit side dishes, and a choice of milk: skim, 1%, or fat free chocolate. Full Paid \$3.00, Reduced \$0.40, Free to those that qualify. Applications for Free and Reduced Meals are available at the Main Office of each school and on the District website. Questions: Call Gary Holland at 860-434-4442. This Institution is an Equal Opportunity Provider.