



## Lyme Old Lyme ES: Lunch Menu Jan 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31 <b>WELCOME 2019</b>	1 <b>HAPPY NEW YEAR!</b>	2 Chicken Nuggets Honey Mustard Sauce Corn, Mashed Potatoes and Gravy Whole Grain Dinner Roll	3 Sloppy Joes on Whole Grain Roll Seasoned Green Beans Thin Sweet Potato Fries	4 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
<b>Week 1: Nachos Fun Lunch/Boar's Head Chicken Breast and American w/Lettuce in a Whole Grain Wrap</b>				
7 Turkey Hot Dog On Whole Grain Bun Baked Beans Cole Slaw	8 Beef Nachos Shredded Cheddar, Salsa Lettuce, Tomato Mexican Corn, Fiesta Rice	9 Golden Toasty Cheese Sandwich Campbell's Tomato Soup	10 Breakfast for Lunch French Toast Sticks, Syrup Sausage Patties and Tator Tots	11 Classic Cheese OR Pepperoni Pizza California Veggie Blend
<b>Week 2: Muffin, Yogurt &amp; String Cheese/Boar's Head Oven Gold Turkey and Provolone on a Wheat Bulkie Roll</b>				
14 Classic Cheeseburger on Whole Grain Bun Baked French Fries Glazed Carrots	15 Chicken Tacos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mexican Corn	16 Chicken, Mashed Potatoes and Gravy Seasoned Peas Whole Grain Dinner Roll	17 Macaroni and Cheese Seasoned Broccoli Whole Grain Breadstick	18 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
<b>Week 3: Mini Maple Burst Pancakes/Boar's Head Maple Honey Ham and Swiss on a Wheat Bulkie Roll</b>				
21 <b>NO SCHOOL MARTIN LUTHER KING DAY</b>	22 Breakfast for Lunch Pancakes, Syrup Sausage Patties and Tator Tots	23 Chicken Nuggets BBQ Sauce Peas, Tator Tots Whole Grain Dinner Roll	24 Roast Turkey w/Gravy Mashed Potatoes Butternut Squash Whole Grain Dinner Roll	25 Classic Cheese OR Pepperoni Pizza California Veggie Blend
<b>Week 4: Bagel, Egg, and String Cheese Fun Lunch/Boar's Head Oven Gold Turkey and Provolone w/Lettuce in a Whole Grain Wrap</b>				
28 Classic Cheeseburger on Whole Grain Bun Seasoned Potato Wedges Savory Green Beans	29 Beef Tacos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mexican Corn	30 Chicken Patty Baked French Fries Seasoned Mixed Vegetables	31 Pasta with Meat Sauce Savory Green Beans Whole Grain Garlic Bread	1 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
<b>Week 5: Cereal, Yogurt, and String Cheese/Boar's Head Chicken Breast and Cheese on a Wheat Bulkie Roll</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 Boar's Head Deli Meats at All Schools!</b>	<b>Build Your Tray the Healthy Way!</b>	<b>Take at Least 3 Food Groups</b>	<b>A Full Student Lunch Includes an Entrée Supplying Grain and/or Protein</b>	<b>Vegetable and Fruit Fruit Side Dishes And a Choice of Milk</b>



Vegetarian



Locally Grown

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