



## Lyme Old Lyme ES: Lunch Menu Mar 2019

Monday	Tuesday	Wednesday	Thursday	Friday
4 Turkey Hot Dog Baked Beans Sweet Potato Tater Tots	5 Beef Tacos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mexican Corn	6 Chicken Nuggets Baked Curly Fries Seasoned Mixed Vegetables	7 Penne Pasta with Meat Sauce Savory Green Beans Whole Grain Garlic Bread	8 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
<b>Week 1: Cereal, Yogurt, and String Cheese Fun Lunch/Boar's Head Oven Gold Turkey and Provolone w/ Lettuce on a Bulkie Roll</b>				
11 Classic Cheeseburger on Whole Grain Bun Seasoned Potato Wedges Savory Green Beans	12 Meatball Grinder Marinara & Mozzarella Tossed Salad Baked French Fries	13 Golden Toasty Cheese Sandwich Campbell's Tomato Soup	14 Breakfast for Lunch French Toast Sticks, Syrup Sausage Patties and Tator Tots	15 Classic Cheese OR Pepperoni Pizza California Veggie Blend
<b>Week 2: Nachos Fun Lunch/Boar's Head Maple Honey Ham and Swiss w/ Lettuce in a Whole Grain Wrap</b>				
18 Cheese Filled Breadsticks Warm Marinara Sauce Seasoned Broccoli	19 Beef Burrito w/Refried Beans and Cheddar, Salsa, Light Sour Cream, Corn, Fiesta Rice	20 Chicken, Mashed Potatoes and Gravy Savory Green Peas Whole Grain Dinner Roll	21 Macaroni and Cheese w/Maple Honey Ham Seasoned Broccoli Whole Grain Breadstick	22 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
<b>Week 3: Muffin, Yogurt &amp; String Cheese Fun Lunch/Boar's Head Oven Gold Turkey and Provolone on a Bulkie Roll</b>				
25 Breakfast for Lunch Pancakes, Syrup Sausage Patties and Tator Tots	26 Chicken Tacos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mexican Corn	27 Classic Cheeseburger on Whole Grain Bun Baked French Fries Glazed Carrots	28 Roast Turkey w/Gravy Mashed Potatoes Seasoned Corn Whole Grain Dinner Roll	29 Classic Cheese OR Pepperoni Pizza California Veggie Blend
<b>Week 4: Bagel, Egg, and String Cheese Fun Lunch/Boar's Head Chicken Breast and American w/ Lettuce in a WG Wrap</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</b>	<b>And a Choice of Milk</b>
<b>Farm Fresh Fruit and Vegetables featuring Local Farms and Orchards</b>				
Power Peas Fresh Baby Carrots Assorted Fresh Fruit (Local) Assorted Chilled Fruit	Garbanzo Beans Green Pepper Strips Assorted Fresh Fruit (Local) Assorted Chilled Fruit	Power Peas Fresh Baby Carrots Assorted Fresh Fruit (Local) Assorted Chilled Fruit	Garbanzo Beans Green Pepper Strips Assorted Fresh Fruit (Local) Assorted Chilled Fruit	Power Peas Fresh Baby Carrots Assorted Fresh Fruit (Local) 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: Whole Grains!

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.