



SIMPLY GOOD

Lyme Old Lyme HS Lunch Menu: Dec 3 – Dec 7, 2018

	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7
	CREATE				
create	ACTION STATION! Macaroni & Cheese Choice of Toppings: Honey Ham, Cheese, Broccoli Herb Breadstick	TACO TUESDAY! Chicken Tacos Seasoned Chicken In Whole Grain Tacos Shredded Cheddar, Salsa, Lettuce, Tomato, Sour Cream, Mexican Corn, Fiesta Rice	ACTION STATION! Pasta Bar Whole Grain Rotini Homemade Spicy Marinara w/Beef Seasoned Green Beans WG Toasted Garlic Bread	ACTION STATION! General Tso's Chicken Diced Chicken Spicy Sauce Steamed Brown Rice Asian Veggies Crunchy Asian Topping	CHEF CLAUDE'S Shake n' Bake Chicken Mashed Potatoes and Gravy Seasoned Corn WG Biscuit
	2 MATO				
2^{mato}	Buffalo Chicken Flatbread	Sausage and Ricotta Calzone	Meat Lover's Pizza	Pepperoni Calzone	Garlic Chicken Pizza
	Classic Cheese and Pepperoni Pizza Offered Daily				
	GRILLED				
grilled	Bacon Chicken Ranch Wrap	Popcorn Chicken, Biscuit, & Fries	Buffalo Chicken Ranch Quesadilla	Toasted Ham & Cheese Sandwich	Italian Chicken Parm Wrap
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	SO DELI				
SO DELI	<i>Made to Order Sandwich Bar featuring Boar's Head Deli Meats</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
	<i>You Can Pre-Order Sandwiches Online on the District Website Under Lunch Menus: High School Sandwich Order</i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone and Swiss
	ON THE GO				
ON THE GO	Fruit and Yogurt Parfait Available Daily				
	Make Your Own Salad	Pick Up a Container of Greens	Boar's Head Meat and Cheese from the Deli	Add Toppings from the Salad Bar	Dressings at the Condiment Stand
	Salads offered with two whole grain dinner rolls or tortilla				
	EXTRA EXTRA				
extra extra	Chick Pea Salad	Power Peas	Chick Pea Salad	Power Peas	Chick Pea Salad
	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit

Food Focus of the Month: Herbs & Spices!



A Full Student Lunch includes a choice of entrée supplying grain and/or protein, two (2) vegetable/fruit side dishes, and a choice of milk: skim, 1%, or chocolate. Full Paid \$3.50, Deli and Action Station \$4.25, Reduced \$0.40, Free to those that qualify. Adult Staff Meal \$4.75, with water \$5.50, Staff Deli and Action Station \$5.50, with water \$6.25. Questions call Gary Holland at 860-434-4442 or email at hollandg@region18.org. Applications for Free and Reduced Meals are available at the Main Office of each school and on the District Website. This Employer is an Equal Opportunity Provider.



SIMPLY GOOD

Lyme Old Lyme HS Lunch Menu: Dec 10 – Dec 14, 2018

	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14
	CREATE				
create	Breakfast for Lunch WG French Toast Sticks with Syrup Scrambled Eggs with Cheese Tator Tots, Sausage Patty	TACO TUESDAY! Fajitas Marinated Chicken Peppers and Onions Cheddar Cheese On a Warm Tortilla Wrap, Seasoned Corn Mexican Rice	ACTION STATION! Pasta Bar Spaghetti and Meatballs in a Zesty Marinara Sauce Seasoned Broccoli Toasted Garlic Bread	ACTION STATION! Vietnamese Pho Chicken Bowl Chicken, Noodles, Veggies, Broth Crunchy Asian Topping	Meatloaf Mashed Potatoes and Gravy Seasoned Peas Whole Grain Herb Breadstick
	2 MATO				
	Buffalo Chicken Flatbread	Chicken Parm Calzone	Meat Lover's Pizza	Pepperoni Calzone	Garlic Chicken Pizza
	Classic Cheese and Pepperoni Pizza Offered Daily				
	GRILLED				
grilled	Toasted Turkey Club	Popcorn Chicken, Biscuit, & Fries	Buffalo Chicken Ranch Quesadilla	Toasted Ham & Cheese Sandwich	Italian Chicken Parm Wrap
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	SO DELI				
SO DELI	<i>Made to Order Sandwich Bar featuring Boar's Head Deli Meats Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
	<i>You Can Pre-Order Sandwiches Online on the District Website Under Lunch Menus: High School Sandwich Order</i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone or Swiss
	ON THE GO				
ON THE GO	Fruit and Yogurt Parfait Available Daily				
	Make Your Own Salad	Pick Up a Container of Greens	Boar's Head Meat and Cheese from the Deli	Add Toppings from the Salad Bar	Dressings at the Condiment Stand
	Salads offered with two whole grain dinner rolls or tortilla				
	EXTRA EXTRA				
extra extra	Chick Pea Salad	Power Peas	Chick Pea Salad	Power Peas	Chick Pea Salad
	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit

Food Focus of the Month: Herbs & Spices!



Vegetarian



Locally Grown

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Lyme Old Lyme HS Lunch Menu: Dec 17 – Dec 21, 2018

	Mon 17	Tue 18	Wed 19	Thu 20	Fri 21
	CREATE				
create	<i>ACTION STATION!</i> <i>Pulled BBQ Chicken</i> On a Whole Grain Roll Seasoned Potato Wedges Fiesta Corn	<i>TACO TUESDAY!</i> <i>Beef Nachos</i> Spicy Beef over WG Tortilla Rounds Shredded Cheddar Salsa, Lettuce, Tomato, Light Sour Cream Mexican Corn	<i>Chicken Parm</i> Chicken with Marinara Sauce and Mozzarella Over Penne Pasta Seasoned Green Beans Toasted Garlic Bread	<i>ACTION STATION!</i> <i>Asian Stir Fry</i> Sweet n Sour Chicken Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	Early Dismissal NO LUNCH Happy Holidays!
	2 MATO				
	Buffalo Chicken Flatbread	Sausage and Ricotta Calzone	Meat Lover's Pizza	Pepperoni Calzone	
	Classic Cheese and Pepperoni Pizza Offered Daily				
	GRILLED				
grilled	Bacon Chicken Ranch Wrap	Buffalo Chicken, Biscuit & Fries	Toasted Ham & Cheese Sandwich	Toasted Turkey Club	
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	SO DELI				
SO DELI	<i>Made to Order Sandwich Bar featuring Boar's Head Deli Meats</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i> <i>You Can Pre-Order Sandwiches Online on the District Website Under Lunch Menus: High School Sandwich Order</i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone or Swiss
	ON THE GO				
ON THE GO	Fruit and Yogurt Parfait Available Daily				
	Make Your Own Salad	Pick Up a Container of Greens	Boar's Head Meat and Cheese from the Deli	Add Toppings from the Salad Bar	Dressings at the Condiment Stand
	Salads offered with two whole grain dinner rolls or tortilla				
	EXTRA EXTRA				
extra extra	Chick Pea Salad	Power Peas	Chick Pea Salad	Power Peas	
	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	

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