



## Lyme Old Lyme HS Lunch Menu: Feb 4 – Feb 8, 2019

	Mon 4	Tue 5	Wed 6	Thu 7	Fri 8
	<b>CREATE</b>				
<b>create</b>	<b>Breakfast for Lunch</b> WG French Toast Sticks with Syrup Scrambled Eggs with Cheese Tator Tots, Sausage Patty	<b>TACO TUESDAY</b> <b>Beef Burrito</b> Spicy Chicken Refried Beans & Shredded Cheddar in WG Wrap Salsa & Sour Cream Mexican Corn Fiesta Rice	<b>Chicken Parm</b> Chicken with Marinara Sauce and Mozzarella Over Penne Pasta Seasoned Green Beans Toasted Garlic Bread	<b>Chinese New Year</b> <b>ACTION STATION!</b> <b>Asian Stir Fry</b> Sweet & Sour Chicken Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	<b>ACTION STATION!</b> <b>Pulled BBQ Chicken</b> On a Whole Grain Roll Seasoned Potato Wedges Fiesta Corn
	<b>2 MATO</b>				
<b>2<sup>matato</sup></b>	Buffalo Chicken Flatbread	Sausage and Ricotta Calzone	Meat Lover's Pizza	Pepperoni Calzone	Garlic Chicken Pizza
	Classic Cheese and Pepperoni Pizza Offered Daily				
	<b>GRILLED</b>				
<b>grilled</b>	Toasted Turkey Club	Buffalo Chicken, Biscuit & Fries	Bacon Chicken Ranch Wrap	Toasted Ham & Cheese Sandwich	Italian Chicken Parm Wrap
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	<b>SO DELI</b>				
<b>SO DELI</b>	<i>Made to Order Sandwich Bar featuring <b>Boar's Head Deli Meats</b></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: <b>High School Sandwich Order</b></i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone or Swiss
	<b>ON THE GO</b>				
<b>ON THE GO</b>	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				
	<b>EXTRA EXTRA</b>				
<b>extra extra</b>	<b>Chick Pea Salad</b>	<b>Power Peas</b>	<b>Chick Pea Salad</b>	<b>Power Peas</b>	<b>Chick Pea Salad</b>
	Tossed Garden Greens	Tossed Garden Greens	Tossed Garden Greens	Tossed Garden Greens	Tossed Garden Greens
	Assorted Vegetable	Assorted Vegetable	Assorted Vegetable	Assorted Vegetable	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:**  
**Sweet Potatoes!**



Vegetarian



Locally Grown

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](mailto: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.



## Lyme Old Lyme HS Lunch Menu: Feb 11– Feb 15, 2019

	Mon 11	Tue 12	Wed 13	Thu 14	Fri 15
	<b>CREATE</b>				
<b>create</b>	<b>Chicken Pot Pie</b> Chunky Chicken & Fresh Veggies in a Creamy Sauce Topped w/a Biscuit	<b>TACO TUESDAY</b> <b>Beef Nachos</b> Spicy Beef over WG Tortilla Rounds Shredded Cheddar Salsa, Lettuce, Tomato, Light Sour Cream Mexican Corn	<b>ACTION STATION!</b> <b>Pasta Bar</b> Spaghetti and Meatballs in a Zesty Marinara Sauce Seasoned Broccoli Toasted Garlic Bread	<b>ACTION STATION!</b> <b>SOUP &amp; SANDWICH</b> <b>Grilled Turkey Club</b> or <b>Grilled Ham &amp; Cheese</b> Chicken Noodle Soup	<b>Early Dismissal</b>  <b>NO LUNCH</b>
	<b>2 MATO</b>				
<b>2 MATO</b>	Buffalo Chicken Flatbread	Chicken Parm Calzone	Meat Lover's Pizza	Pepperoni Calzone	
	Classic Cheese and Pepperoni Pizza Offered Daily				
	<b>GRILLED</b>				
<b>grilled</b>	Toasted Ham & Cheese Sandwich	Buffalo Chicken, Biscuit & Fries	Bacon Chicken Ranch Wrap	Meatball Grinder	
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	<b>SO DELI</b>				
<b>SO DELI</b>	<i>Made to Order Sandwich Bar featuring <b>Boar's Head Deli Meats</b></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: <b>High School Sandwich Order</b></i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone and Swiss
	<b>ON THE GO</b>				
<b>ON THE GO</b>	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				
	<b>EXTRA EXTRA</b>				
<b>extra extra</b>	<b>Chick Pea Salad</b>	<b>Power Peas</b>	<b>Chick Pea Salad</b>	<b>Power Peas</b>	
	Tossed Garden Greens	Tossed Garden Greens	Tossed Garden Greens	Tossed Garden Greens	
	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables	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	

### Food Focus of the Month: Sweet Potatoes!



Vegetarian



Locally Grown

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## Lyme Old Lyme HS Lunch Menu: Feb 25– Mar 1, 2019

	Mon 25	Tue 26	Wed 27	Thu 28	Fri 1
	<b>CREATE</b>				
<b>create</b>	<b><i>ACTION STATION!</i></b> <b>Macaroni &amp; Cheese</b> Choice of Toppings: Honey Ham, Cheese, Broccoli Herb Breadstick	<b><i>TACO TUESDAY</i></b> <b>Chicken Tacos</b> Seasoned Chicken In Whole Grain Tacos Shredded Cheddar, Salsa, Lettuce, Tomato, Sour Cream, Mexican Corn, Fiesta Rice	<b><i>ACTION STATION!</i></b> <b>Pasta Bar</b> Whole Grain Rotini Homemade Spicy Marinara w/Beef Seasoned Green Beans WG Toasted Garlic Bread	<b><i>ACTION STATION!</i></b> <b>Fajitas</b> Marinated Chicken Peppers and Onions Cheddar Cheese On a Warm Tortilla Wrap, Seasoned Corn Mexican Rice	<b><i>Meatloaf</i></b> Mashed Potatoes and Gravy Seasoned Peas Whole Grain Herb Breadstick
	<b>2 MATO</b>				
<b>2<sup>mato</sup></b>	Buffalo Chicken Flatbread	Sausage and Ricotta Calzone	Meat Lover's Pizza	Pepperoni Calzone	Garlic Chicken Pizza
	Classic Cheese and Pepperoni Pizza Offered Daily				
	<b>GRILLED</b>				
<b>grilled</b>	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				
	<b>SO DELI</b>				
<b>SO DELI</b>	<i>Made to Order Sandwich Bar featuring <b>Boar's Head Deli Meats</b> 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: <b>High School Sandwich Order</b></i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone and Swiss
	<b>ON THE GO</b>				
<b>ON THE GO</b>	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				
	<b>EXTRA EXTRA</b>				
<b>extra extra</b>	<b>Chick Pea Salad</b>	<b>Power Peas</b>	<b>Chick Pea Salad</b>	<b>Power Peas</b>	<b>Chick Pea Salad</b>
	Tossed Garden Greens Assorted Vegetables Fresh Whole Fruit Assorted Chilled Fruit	Tossed Garden Greens Assorted Vegetables Fresh Whole Fruit Assorted Chilled Fruit	Tossed Garden Greens Assorted Vegetables Fresh Whole Fruit Assorted Chilled Fruit	Tossed Garden Greens Assorted Vegetables Fresh Whole Fruit Assorted Chilled Fruit	Tossed Garden Greens Assorted Vegetables Fresh Whole Fruit Assorted Chilled Fruit

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