



Lyme Old Lyme MS: Mar 4 – Mar 8, 2019 Lunch Menu

	Mon 4	Tue 5	Wed 6	Thu 7	Fri 8
CREATE					
create	Breakfast for Lunch WG French Toast Sticks with Syrup Scrambled Eggs with Cheese Tator Tots, Sausage Patty	Chicken Burrito Spicy Chicken Refried Beans & Shredded Cheddar in WG Wrap Salsa & 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! Asian Stir Fry Sweet & Sour Chicken Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	ACTION STATION! Beef Stroganoff Ground Beef in a Creamy Mushroom Sauce over Egg Noodles Seasoned Green Beans Herb Breadstick
	2 MATO				
2^{matato}	BBQ 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 or Fish Sandwich
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
SO DELI					
SO DELI	<i>Freshly Made Sandwiches featuring Boar's Head Deli Meats Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</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:
Whole Grains!



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. 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 MS: Mar 11 – Mar 15, 2019 Lunch Menu

	Mon 11	Tue 12	Wed 13	Thu 14	Fri 15
	CREATE				
create	Chicken Pot Pie Chunky Chicken & Fresh Veggies in a Creamy Sauce Topped w/a Biscuit	TACO TUESDAY Beef Tacos Seasoned Beef In Whole Grain Tacos Shredded Cheddar, Salsa, Lettuce, Tomato, Sour Cream, Mexican Corn, Fiesta Rice	ACTION STATION! Chicken Parm Chicken with Marinara Sauce and Mozzarella Over Penne Pasta Seasoned Green Beans Toasted Garlic Bread	ACTION STATION! General Tso's Chicken Diced Chicken Spicy Sauce Steamed Brown Rice Asian Veggies Crunchy Asian Topping	CHEF CATHY'S Shake n' Bake Chicken Mashed Potatoes and Gravy Seasoned Corn WG Biscuit
	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	Meatball Grinder	Buffalo Chicken, Biscuit & Fries	Toasted Ham & Cheese Sandwich	Toasted Turkey Club	Italian Chicken Parm Wrap or Fish Sandwich
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	SO DELI				
SO DELI	<i>Freshly Made Sandwiches featuring Boar's Head Deli Meats</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</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:
Whole Grains!



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. 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 MS: Mar 18 – Mar 22, 2019 Lunch Menu

	Mon 18	Tue 19	Wed 20	Thu 21	Fri 22
	CREATE				
create	Beef n Bean Chili With Cornbread Steamed Brown Rice Mexican Corn	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! Asian Stir Fry Orange Popcorn Chicken Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	Meatloaf Mashed Potatoes and Gravy Seasoned Peas Whole Grain Herb Breadstick
	2 MATO				
	BBQ Chicken Flatbread	Meatball 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	Toasted Ham & Cheese Sandwich	Buffalo Chicken Ranch Quesadilla	Italian Chicken Parm Wrap or Fish Sandwich
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	SO DELI				
SO DELI	<i>Freshly Made Sandwiches featuring Boar's Head Deli Meats Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</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 Tossed Garden Greens Assorted Vegetables Whole Fresh Fruit Assorted Chilled Fruit	Power Peas Tossed Garden Greens Assorted Vegetables Whole Fresh Fruit Assorted Chilled Fruit	Chick Pea Salad Tossed Garden Greens Assorted Vegetables Whole Fresh Fruit Assorted Chilled Fruit	Power Peas Tossed Garden Greens Assorted Vegetables Whole Fresh Fruit Assorted Chilled Fruit	Chick Pea Salad Tossed Garden Greens Assorted Vegetables Whole Fresh Fruit Assorted Chilled Fruit

Food Focus of the Month:
Whole Grains!



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.



Lyme Old Lyme MS: Mar 25 – Mar 29, 2019 Lunch Menu

	Mon 25	Tue 26	Wed 27	Thu 28	Fri 29
	CREATE				
create	Breakfast for Lunch WG French Toast Sticks with Syrup Scrambled Eggs with Cheese Tator Tots, Sausage Patty	TACO TUESDAY Beef Nachos Spicy Beef over WG Tortilla Rounds Shredded Cheddar Salsa, Lettuce, Tomato, Light Sour Cream Mexican Corn	Roast Turkey With Mashed Potatoes & Gravy Butternut Squash Herb Breadstick	ACTION STATION! SOUP & SANDWICH Grilled Turkey Club or Grilled Ham & Cheese Chicken Noodle Soup	ACTION STATION! Philly Cheese Steak Thinly Sliced Beef Peppers & Onions Cheese Sauce On a Hoagie Roll Potato Wedges
	2 MATO				
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	Buffalo Chicken, Biscuit & Fries	Bacon Chicken Ranch Wrap	Toasted Ham & Cheese Sandwich	Italian Chicken Parm Wrap or Fish Sandwich
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	SO DELI				
SO DELI	<i>Freshly Made Sandwiches featuring Boar's Head Deli Meats Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</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:
Whole Grains!



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. 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.