



# SIMPLY GOOD

## Lyme Old Lyme Pre-K: Dec 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Turkey Hot Dog On Whole Grain Roll Baked Beans Cole Slaw	4 Beef Nachos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mexican Corn	5	6 Whole Grain Pasta With Meat Sauce Seasoned Broccoli Whole Grain Garlic Bread	7 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
<b>Week 1: Cereal, Yogurt, and String Cheese/Boar's Head Chicken Breast and Cheese w/Lettuce on a Wheat Bulkie Roll</b>				
10 Classic Cheeseburger on Whole Grain Bun Seasoned Potato Wedges Savory Green Beans	11 Chicken and Cheese Quesadilla Salsa, Light Sour Cream Mexican Corn, Fiesta Rice	12	13 Chicken Nuggets Honey Mustard Sauce Seasoned Peas, Tator Tots Whole Grain Dinner Roll	14 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
<b>Week 2 Nachos Fun Lunch/Maple Honey Ham and Swiss Sliders w/Lettuce</b>				
17 Breakfast for Lunch Pancakes, Syrup Sausage Patties and Tator Tots	18 Chicken Tacos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mexican Corn	19	20 Chicken Mashed Potatoes & Gravy Savory Green Beans Whole Grain Dinner Roll	21 <i>Early Dismissal</i>
<b>Week 3: Muffin, Yogurt &amp; String Cheese/Boar's Head Oven Gold Turkey and Provolone w/Lettuce on a Wheat Bulkie Roll</b>				
<b>HAVE</b>	<b>A</b>	<b>GREAT</b>	<b>HOLIDAY</b>	<b>BREAK</b>
<b>AND</b>				
<b>AND</b>	<b>A</b>	<b>HAPPY</b>	<b>NEW</b>	<b>YEAR!</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: Herbs & Spices!

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.