



## Lyme Old Lyme Pre-K: Lunch Menu Feb 2019

Monday	Tuesday	Wednesday	Thursday	Friday
28 Classic Cheeseburger on Whole Grain Bun Seasoned Potato Wedges Savory Green Beans	29 Beef Tacos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mexican Corn	30	31 Penne Pasta with Meat Sauce Savory Green Beans Whole Grain Garlic Bread	1 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
4 Corn Dog Baked Beans Sweet Potato Tater Tots	5 Chicken Nuggets Honey Mustard Tossed Salad Baked French Fries	6	7 Breakfast for Lunch French Toast Sticks, Syrup Sausage Patties and Tator Tots	8 Classic Cheese OR Pepperoni Pizza California Veggie Blend
11 Cheese Filled Breadsticks Warm Marinara Sauce Seasoned Broccoli	12 Beef Burrito w/Refried Beans and Cheddar, Salsa, Light Sour Cream, Corn, Fiesta Rice	13	14 Macaroni and Cheese w/Maple Honey Ham Seasoned Broccoli Whole Grain Breadstick	15
18 <b>WINTER BREAK</b>	19 <b>WINTER BREAK</b>	20 <b>WINTER BREAK</b>	21 <b>WINTER BREAK</b>	22 <b>WINTER BREAK</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	28 Roast Turkey w/Gravy Mashed Potatoes Seasoned Corn Whole Grain Dinner Roll	1 Classic Cheese OR Pepperoni Pizza California Veggie Blend
<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		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>EeeeetEat</b>				
<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:  
Sweet Potatoes!**

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.