



Lyme Old Lyme Pre-K: Lunch Menu Jan 2019

Monday	Tuesday	Wednesday	Thursday	Friday
31 WELCOME 2019	1 HAPPY NEW YEAR!	2	3 Sloppy Joes on Whole Grain Roll Seasoned Green Beans Thin Sweet Potato Fries	4 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
Week 1: Nachos Fun Lunch/Boar's Head Chicken Breast and American w/Lettuce in a Whole Grain Wrap				
7 Turkey Hot Dog On Whole Grain Bun Baked Beans Cole Slaw	8 Beef Nachos Shredded Cheddar, Salsa Lettuce, Tomato Mexican Corn, Fiesta Rice	9	10 Breakfast for Lunch French Toast Sticks, Syrup Sausage Patties and Tator Tots	11 Classic Cheese OR Pepperoni Pizza California Veggie Blend
Week 2: Muffin, Yogurt & String Cheese/Boar's Head Oven Gold Turkey and Provolone on a Wheat Bulkie Roll				
14 Classic Cheeseburger on Whole Grain Bun Baked French Fries Glazed Carrots	15 Chicken Tacos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mexican Corn	16	17 Macaroni and Cheese Seasoned Broccoli Whole Grain Breadstick	18 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
Week 3: Mini Maple Burst Pancakes/Boar's Head Maple Honey Ham and Swiss on a Wheat Bulkie Roll				
21 NO SCHOOL MARTIN LUTHER KING DAY	22 Breakfast for Lunch Pancakes, Syrup Sausage Patties and Tator Tots	23	24 Roast Turkey w/Gravy Mashed Potatoes Butternut Squash Whole Grain Dinner Roll	25 Classic Cheese OR Pepperoni Pizza California Veggie Blend
Week 4: Bagel, Egg, and String Cheese Fun Lunch/Boar's Head Oven Gold Turkey and Provolone w/Lettuce in a Whole Grain Wrap				
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 Pasta with Meat Sauce Savory Green Beans Whole Grain Garlic Bread	1 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
Week 5: Cereal, Yogurt, and String Cheese/Boar's Head Chicken Breast and Cheese on a Wheat Bulkie Roll				
Farm Fresh Fruit and Vegetables featuring Local Farms and Orchards				
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
We now Serve Boar's Head Deli Meats at All Schools!	Build Your Tray the Healthy Way!	Take at Least 3 Food Groups	A Full Student Lunch Includes an Entrée Supplying Grain and/or Protein	Vegetable and Fruit Fruit Side Dishes And a Choice of Milk



Vegetarian



Locally Grown

**Food Focus of the Month:
Citrus!**

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.