



Lyme Old Lyme Pre-K: Lunch Menu Mar 2019

Monday	Tuesday	Wednesday	Thursday	Friday
4 Turkey Hot Dog Baked Beans Sweet Potato Tater Tots	5 Beef Tacos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mexican Corn	6	7 Penne Pasta with Meat Sauce Savory Green Beans Whole Grain Garlic Bread	8 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
11 Classic Cheeseburger on Whole Grain Bun Seasoned Potato Wedges Savory Green Beans	12 Chicken Nuggets Tossed Salad Baked French Fries	13	14 Breakfast for Lunch French Toast Sticks, Syrup Sausage Patties and Tator Tots	15 Classic Cheese OR Pepperoni Pizza California Veggie Blend
18 Cheese Filled Breadsticks Warm Marinara Sauce Seasoned Broccoli	19 Beef Burrito w/Refried Beans and Cheddar, Salsa, Light Sour Cream, Corn, Fiesta Rice	20	21 Macaroni and Cheese w/Maple Honey Ham Seasoned Broccoli Whole Grain Breadstick	22 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
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	29 Classic Cheese OR Pepperoni Pizza California Veggie Blend
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
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	<u>Boar's Head</u>	Deli Meats	At All Our Schools	In Region 18!



Vegetarian



Locally Grown

**Food Focus of the Month:
Whole Grains!**

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.