

# SEPTEMBER 2022

AVAILABLE DAILY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ONE BREAKFAST AND ONE LUNCH ARE “NO CHARGE” FOR ALL STUDENTS FOR THE START OF THE SCHOOL YEAR! MEALS WILL REVERT TO A PAID STATUS LATER IN THE YEAR. Ala Carte items and Milk (other than with a meal) must be paid with cash or student account.</b></p>					
<p>All Lunches Include: Rainbow Fruit Tray Rainbow Vegetable Tray Ice cold chocolate or 1% white milk</p> <p><b>Ala Carte Milk is \$.75</b></p> <div style="border: 1px solid black; padding: 5px; text-align: center; background-color: red; color: white; margin: 10px 0;"> <p><b>BREAKFAST &amp; LUNCH IS FREE TO ALL STUDENTS DAILY IN SEPT.</b> See back page for breakfast menu</p> </div> <p>Enjoy a Farm Fresh Apple from Wright's Orchard!!!</p> <p><i>This institution is an equal opportunity employer</i></p> <p><b>Menus may change without notice.</b></p> 	<p>Free &amp; Reduced Meal Applications <a href="#">Click here</a>, check the website, your school office, or call 860-870-6854 for a printable copy</p> <p><i>You are Strongly encouraged to fill out an application even though meals are currently free to all students</i></p>			<p style="text-align: center;">1</p> <p style="text-align: center;">Cheese Pizza</p> <p>Yogurt &amp; Cereal Plate with String Cheese</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">Popcorn Chicken with a grain side</p> <p>Yogurt &amp; Cereal Plate with String Cheese</p>
	<p><b>LABOR DAY</b></p> 	<p>6</p> <p>Mozzarella Sticks with marinara dipping sauce</p> <p>Yogurt &amp; Muffin Plate with String Cheese</p>	<p>7</p> <p>Chicken Patty on a Soft Bun</p> <p>Yogurt &amp; Muffin Plate with String Cheese</p>	<p>8</p> <p>Cheeseburger on a soft bun</p> <p>Yogurt &amp; Muffin Plate with String Cheese</p>	<p>9</p> <p>Fun Shaped Chicken Nuggets with a grain side</p> <p>Yogurt &amp; Muffin Plate with String Cheese</p>
	<p>12</p> <p>Mini Corn Dog Nuggets</p> <p>Yogurt &amp; Cereal Plate with String Cheese</p>	<p>13</p> <p>Cheese-filled Twisted Breadstick</p> <p>Yogurt &amp; Cereal Plate with String Cheese</p>	<p>14 Early Release</p> <p>Cheese Pizza</p> <p>Yogurt &amp; Cereal Plate with String Cheese</p>	<p>15</p> <p>Chicken Tenders with a grain side</p> <p>Yogurt &amp; Cereal Plate with String Cheese</p>	<p>16</p> <p>French Toast with Sausage</p> <p>Yogurt &amp; Cereal Plate with String Cheese</p>
	<p>19</p> <p>Meatball Grinder</p> <p>Yogurt &amp; Muffin Plate with String Cheese</p>	<p>20</p> <p>Chicken Nuggets with a grain side</p> <p>Yogurt &amp; Muffin Plate with String Cheese</p>	<p>21</p> <p>Pasta with Meat sauce</p> <p>Yogurt &amp; Muffin Plate with String Cheese</p>	<p>22</p> <p>Chicken Drumstick with a grain side</p> <p>Yogurt &amp; Muffin Plate with String Cheese</p>	<p>23</p> <p>Cheeseburger on a Soft Bun</p> <p>Yogurt &amp; Muffin Plate with String Cheese</p>
	<p>26</p> <p>Mozzarella Sticks with marinara dipping sauce</p> <p>Yogurt &amp; Cereal Plate with String Cheese</p>	<p>27</p> <p>Cheese Pizza</p> <p>Yogurt &amp; Cereal Plate with String Cheese</p>	<p>28</p> <p>Chicken Patty on a soft bun</p> <p>Yogurt &amp; Cereal Plate with String Cheese</p>	<p>29</p> <p>Hot Dog on a Bun</p> <p>Yogurt &amp; Cereal Plate with String Cheese</p>	<p>30</p> <p>Popcorn Chicken with a grain side</p> <p>Yogurt &amp; Cereal Plate with String Cheese</p>

# Breakfast Menu Available 8:30-8:50

**FREE FOR ALL STUDENTS UNTIL FURTHER NOTICE**



Students must select at least **three** out of four food items offered including **one** fruit or fruit juice:

## ***TYPICAL CHOICES LISTED BELOW***

**Milk** ~ Choice of one serving of either low fat white, or nonfat flavored milk.

**Fruit** ~ May take one fruit juice and one fruit **or** two fruits but must select at least one or the other. Choices include 100% fruit juice, fresh, cupped, or dried fruit.

**Bread/Grains** ~ whole grain bagel, assorted whole grain cereal, cereal bars, whole grain muffins and breads, breakfast buns, waffles, pancakes, or French toast when available.

**Protein Choices** ~ lean meat, eggs, cheese sticks, yogurt, sunflower seeds, breakfast pizza.

***One Full Breakfast is No Charge for all students in September***

***Adult Price is \$2.75***