

DECEMBER 2022

AVAILABLE DAILY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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FREE MEALS WILL BE SERVED THROUGH THE END OF DECEMBER.
THIS MEANS STARTING JANUARY 3, 2023, MEALS WILL REVERT TO A PAID STATUS
WE STRONGLY ENCOURAGE YOU TO APPLY FOR MEAL BENEFITS IF YOU THINK YOU MAY QUALIFY.
Please see additional information in the Superintendent's Bulletin.

<p>All Lunches Include: <i>Rainbow Fruit Tray</i> <i>Rainbow Vegetable Tray</i> <i>Ice cold chocolate or 1% white milk</i></p> <p><i>Ala Carte Milk is \$.75</i></p>		<p>For Free & Reduced Meal Applications Click here, check the website, your school, or call 860-870-6854 for a printable copy.</p> <p>NOW IS THE TIME TO APPLY FOR MEAL BENEFITS IF YOU HAVE NOT ALREADY</p>		<p>1 Cheeseburger on a soft bun</p> <p>Yogurt & Muffin Plate with String Cheese</p>	<p>2 Chicken Nuggets with a grain side</p> <p>Yogurt & Muffin Plate with String Cheese</p>
	<p>5 Mini Corn Dog Nuggets</p> <p>Yogurt & Cereal Plate with String Cheese</p>	<p>6 Cheese-filled Twisted Breadstick</p> <p>Yogurt & Cereal Plate with String Cheese</p>	<p>7 Early Release Chicken Patty on a soft bun</p> <p>Yogurt & Cereal Plate with String Cheese</p>	<p>8 Chicken Tenders with a grain side</p> <p>Yogurt & Cereal Plate with String Cheese</p>	<p>9 French Toast with Sausage</p> <p>Yogurt & Cereal Plate with String Cheese</p>
	<p>12 Mozzarella Sticks with dipping sauce</p> <p>Yogurt & Muffin Plate with String Cheese</p>	<p>13 Chicken Nuggets with a grain side</p> <p>Yogurt & Muffin Plate with String Cheese</p>	<p>14 Cheese Pizza</p> <p>Yogurt & Muffin Plate with String Cheese</p>	<p>15 Chicken Drumstick with a grain side</p> <p>Yogurt & Muffin Plate with String Cheese</p>	<p>16 Cheeseburger on a Soft Bun</p> <p>Yogurt & Muffin Plate with String Cheese</p>
<p>Menus may change without notice.</p> <p><i>This institution is an equal opportunity employer.</i></p>	<p>19 Asian Chicken with Rice</p> <p>Yogurt & Cereal Plate with String Cheese</p>	<p>20 Cheese Pizza</p> <p>Yogurt & Cereal Plate with String Cheese</p>	<p>21 Pasta with Meat sauce</p> <p>Yogurt & Cereal Plate with String Cheese</p>	<p>22 Hot Dog on a Bun</p> <p>Yogurt & Cereal Plate with String Cheese</p>	<p>23 Early Release Popcorn Chicken with a grain side</p> <p>Yogurt & Cereal Plate with String Cheese</p>

MEAL PRICES FOR JANUARY
Breakfast \$1.95
Lunch \$3.15

Happy Holidays

Breakfast Menu Available 8:30-8:50

FREE FOR ALL STUDENTS UNTIL THE END OF DECEMBER



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 December

Adult Price is \$2.75