

# NOVEMBER 2022

| AVAILABLE DAILY   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|---|--|---|--|
| <p><b>FREE MEALS ARE ANTICIPATED TO LAST THROUGH THE END OF DECEMBER.</b><br/> <b>THIS MEANS STARTING JANUARY 3, 2023, MEALS WILL REVERT TO A PAID STATUS</b><br/> <b>WE STRONGLY ENCOURAGE YOU TO APPLY FOR MEAL BENEFITS IF YOU THINK YOU MAY QUALIFY.</b></p> <p><i>Please watch for additional information in the Superintendent's Bulletin.</i></p>  |   |   |  |   |  |
| <p>All Lunches Include:<br/> <i>Rainbow Fruit Tray</i><br/> <i>Rainbow Vegetable Tray</i><br/> <i>Ice cold chocolate or</i><br/> <i>1% white milk</i><br/> <b>Ala Carte Milk is \$.75</b></p>  <p><b>DON'T FORGET<br/>NOVEMBER 6<sup>th</sup></b></p>  | <p>NOVEMBER 11<sup>th</sup></p>          | <p>1</p> <p>Chicken Nuggets<br/>with a grain side</p> <p>Yogurt &amp; Muffin Plate<br/>with String Cheese</p>                           | <p>2</p> <p>Cheeseburger</p> <p>Yogurt &amp; Muffin Plate<br/>with String Cheese</p>                     | <p>3 Early Release</p> <p>Cheese Pizza</p> <p>Yogurt &amp; Muffin Plate<br/>with String Cheese</p>  | <p>4</p> <p>No School<br/>PTC</p>  |
|   | <p>7</p> <p>Mozzarella Sticks with<br/>marinara dipping sauce</p> <p>Yogurt &amp; Cereal Plate<br/>with String Cheese</p> | <p>8</p> <p>Cheese Pizza</p> <p>Yogurt &amp; Cereal Plate<br/>with String Cheese</p>  | <p>9</p> <p>Chicken Patty<br/>on a soft bun</p> <p>Yogurt &amp; Cereal Plate<br/>with String Cheese</p>  | <p>10</p> <p>Hot Dog on a Bun</p> <p>Yogurt &amp; Cereal Plate<br/>with String Cheese</p>   | <p>11</p> <p>Popcorn Chicken<br/>with a grain side</p> <p>Yogurt &amp; Cereal Plate<br/>with String Cheese</p> |
| <p>14</p> <p>Meatball Grinder</p> <p>Yogurt &amp; Muffin Plate<br/>with String Cheese</p>   | <p>15</p> <p>Chicken Nuggets<br/>with a grain side</p> <p>Yogurt &amp; Muffin Plate<br/>with String Cheese</p>            | <p>16</p> <p><i>Roast Turkey &amp; Gravy,<br/>Whipped Potatoes, hot<br/>vegetable, roll,<br/>cranberry sauce</i><br/><i>Dessert</i></p> | <p>17</p> <p>Cheese Pizza</p> <p>Yogurt &amp; Muffin Plate<br/>with String Cheese</p>                    | <p>18</p> <p>Grilled Cheese<br/>with fun sized chips</p> <p>Yogurt &amp; Muffin Plate<br/>with String Cheese</p>  |  |
| <p><b>BREAKFAST &amp;<br/>LUNCH IS FREE TO<br/>ALL STUDENTS<br/>DAILY IN NOV.</b><br/> <small>See back page for<br/>breakfast menu</small></p> <p><i>This institution is an equal<br/>opportunity employer.</i></p> <p>Menus may change<br/>without notice.</p>   | <p>21</p> <p>Cheeseburger<br/>on a soft bun</p> <p>Yogurt &amp; Cereal Plate<br/>with String Cheese</p>                   | <p>22</p> <p>Popcorn Chicken<br/>with a grain side</p> <p>Yogurt &amp; Cereal Plate<br/>with String Cheese</p>                          |                     |    |  |
|   | <p>28</p> <p>Cheese Pizza</p> <p>Yogurt &amp; Muffin Plate<br/>with String Cheese</p>                                     | <p>29</p> <p>Mozzarella Sticks<br/>with marinara dipping sauce</p> <p>Yogurt &amp; Muffin Plate<br/>with String Cheese</p>              | <p>30</p> <p>Chicken Patty<br/>on a Soft Bun</p> <p>Yogurt &amp; Muffin Plate<br/>with String Cheese</p> | <p>For Free &amp; Reduced Meal Applications<br/> <a href="#">Click here</a>, check the website, your school,<br/> or call 860-870-6854 for a printable copy.</p> <p><b><i>NOW IS THE TIME TO APPLY FOR MEAL<br/>BENEFITS IF YOU HAVE NOT ALREADY!</i></b></p> |  |

# 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 November*

*Adult Price is \$2.75*