

# DECEMBER 2022

AVAILABLE DAILY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FREE MEALS WILL BE SERVED THROUGH THE END OF DECEMBER.</b>  <b>THIS MEANS STARTING JANUARY 3, 2023, MEALS WILL REVERT TO A PAID STATUS</b>  <b>WE STRONGLY ENCOURAGE YOU TO APPLY FOR MEAL BENEFITS IF YOU THINK YOU MAY QUALIFY.</b>  <i>Please see additional information in the Superintendent's Bulletin.</i></p>					
<p><u>Daily Lunch</u> Options: Deli Sandwich <i>made to order</i> Large Salad with Chicken</p>		<p>For Free &amp; Reduced Meal Applications  <a href="#">Click here</a>, check the website, your school,  or call 860-870-6854 for a printable copy.</p> <p><i>NOW IS THE TIME TO APPLY  FOR MEAL BENEFITS IF YOU  HAVE NOT ALREADY</i></p>		1 Pasta & Meat Sauce  Cheese Pizza	2 Corn Dogs Nuggets  Buffalo Chicken or Cheese Pizza
		5 Chicken Tenders with a grain side  Wild Mikes Cheese Bites with sauce	6 Spicy Chicken Patty  Bacon or Cheese Pizza	7 Early Release  Breakfast Only	8 Pasta & Meat Sauce  Cheese Pizza
<p>All Lunches Include:  <i>Rainbow Fruit Tray</i>  <i>Rainbow Vegetable Tray</i>  <i>Ice cold chocolate or</i>  <i>1% white milk</i>  <i>Ala Carte Milk is \$.75</i></p>	12 Popcorn Chicken with a grain side  Max Sticks with sauce	13 Buffalo Chicken Dip with Tortilla Chips  Pepperoni or Cheese Pizza	14 Chicken Patty Sandwich  Bacon or Cheese Pizza	15 Pasta & Meat Sauce  Cheese Pizza	16 Corn Dogs Nuggets  Buffalo Chicken or Cheese Pizza
	19 Chicken Nuggets with a grain side  Twisted Cheese-filled Breadstick with sauce	20 General Tso's Chicken with Rice  Pepperoni or Cheese Pizza	21 Spicy Chicken Patty  Bacon or Cheese Pizza	22 Pasta & Meat Sauce  Cheese Pizza	23 Early Release  Breakfast Only
	<p>Menus may change without notice.  This institution is an equal opportunity employer.</p>				

*Happy Holidays*

# Breakfast Menu Available - 6:45-7:15

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*