

# NOVEMBER 2022

AVAILABLE DAILY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FREE MEALS ARE ANTICIPATED TO LAST 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 watch for additional information in the Superintendent's Bulletin.</i></p>					
<p><u>Daily Lunch Options:</u>            Deli Sandwich <i>made to order</i>            Large Salad with Chicken</p>	 <p>NOVEMBER 11<sup>th</sup></p>	<p>1            General Tso's Chicken with Rice            Pepperoni or Cheese Pizza</p>	<p>2            Chicken Patty Sandwich            Bacon or Cheese Pizza</p>	<p>3            Early Release            Breakfast Only</p>	<p>4            NO SCHOOL            PTC</p>
<p>All Lunches Include:  <i>Rainbow Fruit Tray</i>  <i>Rainbow Vegetable Tray</i>  <i>Ice cold chocolate or 1% white milk</i>  <b>Ala Carte Milk is \$.75</b></p>	<p>7            Chicken Nuggets with a grain side            Twisted Cheese-filled Breadstick with sauce</p>	<p>8            Cheeseburger            Pepperoni or Cheese Pizza</p>	<p>9            Spicy Chicken Patty            Bacon or Cheese Pizza</p>	<p>10            Pasta &amp; Meat Sauce            Cheese Pizza</p>	<p>11            Corn Dogs Nuggets            Buffalo Chicken or Cheese Pizza</p>
	<p>14            Chicken Tenders with a grain side            Wild Mikes Cheese Bites with sauce</p>	<p>15            Buffalo Chicken Dip with Tortilla Chips            Pepperoni or Cheese Pizza</p>	<p>16            Chicken Patty Sandwich            Bacon or Cheese Pizza</p>	<p>17            Pasta &amp; Meat Sauce            Cheese Pizza</p>	<p>18            Meatball Grinder with a side of cheese            Cheese Pizza</p>
<p><b>DON'T FORGET NOVEMBER 6<sup>th</sup></b></p>  <p><i>This institution is an equal opportunity employer. Menus may change without notice.</i></p>	<p>21            Popcorn Chicken with a grain side            Max Sticks with sauce</p>	<p>22            General Tso's Chicken with Rice            Pepperoni or Cheese Pizza</p>			
	<p>28            Chicken Nuggets with a grain side            Twisted Cheese-filled Breadstick with sauce</p>	<p>29            Cheeseburger            Pepperoni or Cheese Pizza</p>	<p>30            Spicy Chicken Patty            Bacon or Cheese Pizza</p>	<p><b>For Free &amp; Reduced Meal Applications</b>  <b><a href="#">Click here</a>, check the website, your school, or call 860-870-6854 for a printable copy.</b>  <b><i>NOW IS THE TIME TO APPLY FOR MEAL BENEFITS IF YOU HAVE NOT ALREADY!</i></b></p>	

# Breakfast Menu – 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 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*