

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 style="text-align: center;">Available Daily at TIS Vegetarian Hummus Plate</p>		<p style="text-align: center;">For Free & Reduced Meal Applications Click here, check the website, your school, or call 860-870-6854 for a printable copy.</p> <p style="text-align: center;"><i>NOW IS THE TIME TO APPLY FOR MEAL BENEFITS IF YOU HAVE NOT ALREADY</i></p>			1	2
					<p style="text-align: center;">Mini Corn Dogs with dipping sauce</p> <p style="text-align: center;">Yogurt & Cereal Plate with String Cheese</p>	<p style="text-align: center;">Chicken Nuggets with a grain side</p> <p style="text-align: center;">Yogurt & Cereal Plate with String Cheese</p>
<p style="text-align: center;">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>	5	6	7 Early Release	8	9	
	<p style="text-align: center;">Cheese-filled Twisted Breadstick with sauce</p> <p style="text-align: center;">Yogurt & Muffin Plate with String Cheese</p>	<p style="text-align: center;">Chicken Drumstick with a grain side</p> <p style="text-align: center;">Yogurt & Muffin Plate with String Cheese</p>	<p style="text-align: center;">Cheese Pizza</p> <p style="text-align: center;">Yogurt & Muffin Plate with String Cheese</p>	<p style="text-align: center;">Chicken Nuggets with a grain side</p> <p style="text-align: center;">Yogurt & Muffin Plate with String Cheese</p>	<p style="text-align: center;">French Toast with Sausage</p> <p style="text-align: center;">Yogurt & Muffin Plate with String Cheese</p>	
<p style="text-align: center;">MEAL PRICES FOR JANUARY</p> <p style="text-align: center;"><i>Breakfast \$1.95</i> <i>Lunch \$3.15</i></p>	12	13	14	15	16	
	<p style="text-align: center;">Meatball Grinder</p> <p style="text-align: center;">Yogurt & Cereal Plate with String Cheese</p>	<p style="text-align: center;">Popcorn Chicken with a grain side</p> <p style="text-align: center;">Yogurt & Cereal Plate with String Cheese</p>	<p style="text-align: center;">Pasta with Meat Sauce</p> <p style="text-align: center;">Yogurt & Cereal Plate with String Cheese</p>	<p style="text-align: center;">Chicken Patty on a Soft Bun</p> <p style="text-align: center;">Yogurt & Cereal Plate with String Cheese</p>	<p style="text-align: center;">Cheeseburger on a Soft Bun</p> <p style="text-align: center;">Yogurt & Cereal Plate with String Cheese</p>	
<p style="text-align: center;">Menus may change without notice. This institution is an equal opportunity employer.</p>	19	20	21	22	23 Early Release	
	<p style="text-align: center;">Mozzarella Sticks with marinara dipping sauce</p> <p style="text-align: center;">Yogurt & Muffin Plate with String Cheese</p>	<p style="text-align: center;">Chicken Nuggets with a grain side</p> <p style="text-align: center;">Yogurt & Muffin Plate with String Cheese</p>	<p style="text-align: center;">Cheese Pizza</p> <p style="text-align: center;">Yogurt & Muffin Plate with String Cheese</p>	<p style="text-align: center;">Hot Dog on a Bun</p> <p style="text-align: center;">Yogurt & Muffin Plate with String Cheese</p>	<p style="text-align: center;">Cheese Quesadilla</p> <p style="text-align: center;">Yogurt & Muffin Plate with String Cheese</p>	

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