

NOVEMBER 2022

AVAILABLE DAILY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**FREE MEALS ARE ANTICIPATED TO LAST 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 watch for additional information in the Superintendent's Bulletin.**

<p>NEW at TIS Available Daily Vegetarian Hummus Plate</p> <p>All Lunches Include: Rainbow Fruit Tray Rainbow Vegetable Tray Ice cold chocolate or 1% white milk Ala Carte Milk is \$.75</p>  <p>DON'T FORGET NOVEMBER 6th</p>  <p><i>This institution is an equal opportunity employer. Menus may change without notice.</i></p>	 <p style="text-align: center;">1</p> <p>Popcorn Chicken with a grain side Yogurt & Cereal Plate with String Cheese</p>	<p style="text-align: center;">2</p> <p>Cheese Pizza Yogurt & Cereal Plate with String Cheese</p>	<p style="text-align: center;">3 Early Release</p> <p>Chicken Patty on a Soft Bun Yogurt & Cereal Plate with String Cheese</p>	<p style="text-align: center;">4</p> <p>No School PTC</p>	
	<p style="text-align: center;">7</p> <p>Mozzarella Sticks with marinara dipping sauce Yogurt & Muffin Plate with String Cheese</p>	<p style="text-align: center;">8</p> <p>Chicken Nuggets with a grain side Yogurt & Muffin Plate with String Cheese</p>	<p style="text-align: center;">9</p> <p>Cheese Pizza Yogurt & Muffin Plate with String Cheese</p>	<p style="text-align: center;">10</p> <p>Hot Dog on a Bun Yogurt & Muffin Plate with String Cheese</p>	<p style="text-align: center;">11</p> <p>Cheese Quesadilla Yogurt & Muffin Plate with String Cheese</p>
	<p style="text-align: center;">14</p> <p>Meatball Grinder Yogurt & Cereal Plate with String Cheese</p>	<p style="text-align: center;">15</p> <p>Cheese-filled Twisted Breadstick with sauce Yogurt & Cereal Plate with String Cheese</p>	<p style="text-align: center;">16</p> <p>Pasta with Meat sauce Yogurt & Cereal Plate with String Cheese</p>	<p style="text-align: center;">17</p> <p><i>Roast Turkey & Gravy, Whipped Potatoes, hot vegetable, roll, cranberry sauce</i> <i>Dessert</i></p>	<p style="text-align: center;">18</p> <p>Grilled Cheese with fun sized chips Yogurt & Cereal Plate with String Cheese</p>
	<p style="text-align: center;">21</p> <p>Cheeseburger on a Soft Bun Yogurt & Muffin Plate with String Cheese</p>	<p style="text-align: center;">22</p> <p>Hot Dog on a Bun Yogurt & Muffin Plate with String Cheese</p>			
<p style="text-align: center;">28</p> <p>Chicken Patty on a Soft Bun Yogurt & Cereal Plate with String Cheese</p>	<p style="text-align: center;">29</p> <p>Mozzarella Sticks with marinara dipping sauce Yogurt & Cereal Plate with String Cheese</p>	<p style="text-align: center;">30</p> <p>Cheese Pizza Yogurt & Cereal Plate with String Cheese</p>	<p>For Free & Reduced Meal Applications Click here, check the website, your school, or call 860-870-6854 for a printable copy. NOW IS THE TIME TO APPLY FOR MEAL BENEFITS IF YOU HAVE NOT ALREADY</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