

DECEMBER 2022

AVAILABLE DAILY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>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. <i>Please see additional information in the Superintendent's Bulletin.</i></p>						
<p>All Lunches Include: <i>Rainbow Fruit Tray</i> <i>Rainbow Vegetable Tray</i> <i>Ice cold chocolate or 1% white milk</i> <i>Ala Carte Milk is \$.75</i></p>		<p>For Free & Reduced Meal Applications Click here, 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	2	
		5	6	7 Early Release	8	9
		12	13	14	15	16
<p>MEAL PRICES FOR JANUARY <i>Breakfast \$1.95</i> <i>Lunch \$3.35</i> <i>Deli Lunch \$3.75</i></p>	19	20	21	22	23 Early Release	
	<p>Menus may change without notice. <i>This institution is an equal opportunity employer.</i></p>					
	<p>Deli Sandwich Mini Corn Dog Nuggets Yogurt Plate</p>	<p>Deli Sandwich Cheese Pizza Yogurt Plate</p>	<p>Breakfast Only</p>	<p>Deli Sandwich Chicken Nuggets with a grain side Yogurt Plate</p>	<p>Deli Sandwich French Toast with sausage Yogurt Plate</p>	
	<p>Deli Sandwich Meatball Grinder Yogurt Plate</p>	<p>Deli Sandwich Popcorn Chicken with a grain side Yogurt Plate</p>	<p>Deli Sandwich Cheese Pizza Yogurt Plate</p>	<p>Deli Sandwich Chicken Drumstick with a grain side Yogurt Plate</p>	<p>Deli Sandwich Cheeseburger on a soft bun Yogurt Plate</p>	
	<p>Deli Sandwich Mozzarella Sticks with marinara dipping sauce Yogurt Plate</p>	<p>Deli Sandwich Cheese Pizza Yogurt Plate</p>	<p>Deli Sandwich Chicken Patty on a soft bun Yogurt Plate</p>	<p>Deli Sandwich Hot Dog on a Bun Yogurt Plate</p>	<p>Breakfast Only</p>	

Happy Holidays

Breakfast Menu Available 7:30-7:55

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