

# NOVEMBER 2022

AVAILABLE DAILY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>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.</b></p> <p><i>Please watch for 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></p> <p><b>Ala Carte Milk is \$.75</b></p>  <p><b>DON'T FORGET NOVEMBER 6<sup>th</sup></b></p>  <p><i>This institution is an equal opportunity employer.</i></p> <p>Menus may change without notice.</p>	 <p>1 Deli Sandwich Popcorn Chicken with a grain side Yogurt Plate</p>	<p>2 Deli Sandwich Cheese Pizza Yogurt Plate</p>	<p>3 Early Release Breakfast Only</p>	<p>4 No School PTC</p>	
	<p>7 Deli Sandwich Mozzarella Sticks with marinara dipping sauce Yogurt Plate</p>	<p>8 Deli Sandwich Chicken Patty on a soft bun Yogurt Plate</p>	<p>9 Deli Sandwich Cheese Pizza Yogurt Plate</p>	<p>10 Deli Sandwich Chicken Drumstick with Mashed Potatoes and a grain side Yogurt Plate</p>	<p>11 Deli Sandwich Nacho Plate Yogurt Plate</p>
	<p>14 Deli Sandwich Cheese Pizza Yogurt Plate</p>	<p>15 Deli Sandwich Chicken Nuggets with a grain side Yogurt Plate</p>	<p>16 Deli Sandwich Pasta with Meat Sauce Yogurt Plate</p>	<p>17 <i>Roast Turkey, Whipped Potatoes, Butternut Squash, Roll, Cranberry Sauce Dessert</i></p>	<p>18 Deli Sandwich Wild Mike's Bites with marinara sauce Yogurt Plate</p>
	<p>21 Deli Sandwich Cheese-filled Twisted Breadstick Yogurt Plate</p>	<p>22 Deli Sandwich Popcorn Chicken with a grain side Yogurt Plate</p>			
	<p>28 Deli Sandwich Cheese Pizza Yogurt Plate</p>	<p>29 Deli Sandwich Mozzarella Sticks with marinara dipping sauce Yogurt Plate</p>	<p>30 Deli Sandwich Chicken Patty on a soft bun Yogurt Plate</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><b>NOW IS THE TIME TO APPLY FOR MEAL BENEFITS IF YOU HAVE NOT ALREADY!</b></p>

# 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 November*

*Adult Price is \$2.75*