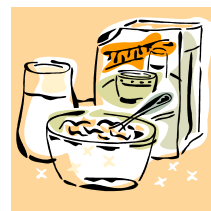


# SEPTEMBER 2022

| AVAILABLE DAILY   | MONDAY  | TUESDAY  | WEDNESDAY                                       | THURSDAY  | FRIDAY   |
|---|---|--|---|---|--|
| <p><b>ONE BREAKFAST AND ONE LUNCH ARE “NO CHARGE” FOR ALL STUDENTS FOR THE START OF THE SCHOOL YEAR! MEALS WILL REVERT TO A PAID STATUS LATER IN THE YEAR. Ala Carte items and Milk (other than with a meal) must be paid with cash or student account.</b></p> |   |  |   |   |  |
| <p><u>Daily Lunch Options:</u><br/>Deli Sandwich<br/><i>made to order</i><br/>Large Salad with<br/>Chicken</p>  | <p>Free &amp; Reduced Meal Applications <a href="#">Click here</a> , check the website, your school office, or call 860-870-6854 for a printable copy</p> <p><i>You are Strongly encouraged to fill out an application even though meals are currently free to all students</i></p> |  | 1   | 2   |  |
|   |   |  | Spicy Chicken Patty<br>Bacon or Cheese<br>Pizza | Chicken Tenders<br>with a grain side<br>Wild Mikes Cheese Bites<br>with sauce |  |
| <p>All Lunches Include:<br/>Rainbow Fruit Tray<br/>Rainbow Vegetable Tray<br/>Ice cold chocolate or<br/>1% white milk</p> <p><b>Ala Carte Milk is \$.75</b></p>   | <p><b>LABOR DAY</b></p>    |  | 6   | 7   | 8  |
|   |   |  | Cheeseburger<br>Pepperoni or Cheese<br>Pizza    | Pasta & Meat Sauce<br>Cheese Pizza  | Chicken Patty Sandwich<br>Bacon or Cheese<br>Pizza                   |
| <p><b>BREAKFAST &amp; LUNCH IS FREE TO ALL STUDENTS DAILY IN SEPT.</b><br/>See back page for<br/>breakfast menu</p>   | 12  | 13   | 14  | 15  | 16   |
|   | Popcorn Chicken<br>with a grain side<br>Max Sticks with sauce   | General Tso's Chicken<br>with Rice<br>Pepperoni or Cheese<br>Pizza | Early Release<br>Breakfast Only                 | Spicy Chicken Patty<br>Sandwich<br>Bacon or Cheese<br>Pizza                   | Meatball Grinder<br>with a side of cheese<br>Cheese Pizza            |
| <p><b>Enjoy a Farm Fresh Apple from Wright's Orchard!</b><br/><i>This institution is an equal opportunity employer</i></p> <p><b>Menus may change without notice.</b></p>   | 19  | 20   | 21  | 22  | 23   |
|   | Chicken Nuggets<br>with a grain side<br>Twisted Cheese-filled<br>Breadstick with sauce  | Cheeseburger<br>Pepperoni or Cheese<br>Pizza                       | Pasta & Meat Sauce<br>Cheese Pizza              | Chicken Patty Sandwich<br>Bacon or Cheese<br>Pizza                            | Nacho Plate with Taco<br>Meat, Cheese, Chips & Salsa<br>Cheese Pizza |
|   | 26  | 27   | 28  | 29  | 30   |
|   | Chicken Tenders<br>with a grain side<br>Wild Mikes Cheese Bites<br>with sauce   | General Tso's Chicken<br>with Rice<br>Pepperoni or Cheese<br>Pizza | Pasta & Meat Sauce<br>Cheese Pizza              | Spicy Chicken Patty<br>Sandwich<br>Bacon or Cheese<br>Pizza                   | Corn Dogs Nuggets<br>Buffalo Chicken or<br>Cheese Pizza              |

# Breakfast Menu – 6:45-7:15

FREE FOR ALL STUDENTS UNTIL FURTHER NOTICE



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*

*Adult Price is \$2.75*