

SEPTEMBER 2022

AVAILABLE DAILY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>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.</p>						
<p>All Lunches Include: Rainbow Fruit Tray Rainbow Vegetable Tray Ice cold chocolate or 1% white milk</p> <p>Ala Carte Milk is \$.75</p> <div style="border: 1px solid black; padding: 5px; text-align: center; background-color: red; color: white; margin: 10px 0;"> <p>BREAKFAST & LUNCH IS FREE TO ALL STUDENTS DAILY IN SEPT. See back page for breakfast menu</p> </div> <p>Enjoy a Farm Fresh Apple from Wright’s Orchard!!!</p> <p><i>This institution is an equal opportunity employer</i></p> <p>Menus may change without notice.</p> 	<p>Free & Reduced Meal Applications Click here, 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		
				Cheese Pizza	Cheese-filled Twisted Breadstick with sauce	
				Yogurt & Muffin Plate with String Cheese	Yogurt & Muffin Plate with String Cheese	
	LABOR DAY	6	7	8	9	
		Cheeseburger on a Soft Bun	Mozzarella Sticks with marinara dipping sauce	Mini Corn Dog Nuggets with dipping sauce	Fun Shaped Chicken Nuggets with a grain side	
		Yogurt & Cereal Plate with String Cheese	Yogurt & Cereal Plate with String Cheese	Yogurt & Cereal Plate with String Cheese	Yogurt & Cereal Plate with String Cheese	
12	13	14 Early Release	15	16		
Cheese-filled Twisted Breadstick with sauce	Chicken Drumstick with a grain side	Cheese Pizza	Chicken Nuggets with a grain side	French Toast with Sausage		
Yogurt & Muffin Plate with String Cheese	Yogurt & Muffin Plate with String Cheese	Yogurt & Muffin Plate with String Cheese	Yogurt & Muffin Plate with String Cheese	Yogurt & Muffin Plate with String Cheese		
19	20	21	22	23		
Meatball Grinder	Popcorn Chicken with a grain side	Pasta with Meat Sauce	Chicken Patty on a Soft Bun	Cheeseburger on a Soft Bun		
Yogurt & Cereal Plate with String Cheese	Yogurt & Cereal Plate with String Cheese	Yogurt & Cereal Plate with String Cheese	Yogurt & Cereal Plate with String Cheese	Yogurt & Cereal Plate with String Cheese		
26	27	28	29	30		
Mozzarella Sticks with marinara dipping sauce	Chicken Nuggets with a grain side	Cheese Pizza	Hot Dog on a Bun	Cheese Quesadilla		
Yogurt & Muffin Plate with String Cheese	Yogurt & Muffin Plate with String Cheese	Yogurt & Muffin Plate with String Cheese	Yogurt & Muffin Plate with String Cheese	Yogurt & Muffin Plate with String Cheese		

Breakfast Menu Available 8:30-8:50

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 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 September

Adult Price is \$2.75