

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>			<p>¹ Deli Sandwich</p> <p>Cheese Pizza</p> <p>Yogurt Plate</p>	<p>² Deli Sandwich</p> <p>Cheeseburger on a soft bun</p> <p>Yogurt Plate</p>
	<p>LABOR DAY</p> 	<p>⁶ Deli Sandwich</p> <p>Mozzarella Sticks with marinara dipping sauce</p> <p>Yogurt Plate</p>	<p>⁷ Deli Sandwich</p> <p>Chicken Patty on a soft bun</p> <p>Yogurt Plate</p>	<p>⁸ Deli Sandwich</p> <p>Cheeseburger on a soft bun</p> <p>Yogurt Plate</p>	<p>⁹ Deli Sandwich</p> <p>Nacho Plate</p> <p>Yogurt Plate</p>
	<p>¹² Deli Sandwich</p> <p>Mini Corn Dog Nuggets</p> <p>Yogurt Plate</p>	<p>¹³ Deli Sandwich</p> <p>Cheese Pizza</p> <p>Yogurt Plate</p>	<p>¹⁴ Early Release</p> <p>Breakfast Only</p>	<p>¹⁵ Deli Sandwich</p> <p>Chicken Nuggets with a grain side</p> <p>Yogurt Plate</p>	<p>¹⁶ Deli Sandwich</p> <p>French Toast with sausage</p> <p>Yogurt Plate</p>
	<p>¹⁹ Deli Sandwich</p> <p>Meatball Grinder</p> <p>Yogurt Plate</p>	<p>²⁰ Deli Sandwich</p> <p>Popcorn Chicken with a grain side</p> <p>Yogurt Plate</p>	<p>²¹ Deli Sandwich</p> <p>Pasta with Meat Sauce</p> <p>Yogurt Plate</p>	<p>²² Deli Sandwich</p> <p>Cheese Pizza</p> <p>Yogurt Plate</p>	<p>²³ Deli Sandwich</p> <p>Cheeseburger on a soft bun</p> <p>Yogurt Plate</p>
	<p>²⁶ Deli Sandwich</p> <p>Mozzarella Sticks with marinara dipping sauce</p> <p>Yogurt Plate</p>	<p>²⁷ Deli Sandwich</p> <p>Cheese Pizza</p> <p>Yogurt Plate</p>	<p>²⁸ Deli Sandwich</p> <p>Chicken Patty on a soft bun</p> <p>Yogurt Plate</p>	<p>²⁹ Deli Sandwich</p> <p>Hot Dog on a Bun</p> <p>Yogurt Plate</p>	<p>³⁰ Deli Sandwich</p> <p>Nacho Plate</p> <p>Yogurt Plate</p>

Breakfast Menu Available 7:30-7:55

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