



SIMPLY GOOD

Lyme Old Lyme ES: Lunch Menu May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Build Your Tray the Healthy Way! Take at Least 3 Food Groups. A Full Student Lunch	Includes an Entrée Supplying Grain and/or Protein Vegetable and Fruit Fruit Side Dishes And a Choice of Milk	1 Cheese Filled Breadsticks Warm Marinara Sauce Seasoned Broccoli	2 Chicken, Mashed Potatoes and Gravy Savory Green Peas Whole Grain Dinner Roll	3 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
		Week 1: Cereal, Yogurt, and String Cheese Fun Lunch/Boar's Head Chicken Breast and American w/Lettuce in a WG Wrap		
6 Breakfast for Lunch Pancakes, Syrup Sausage Patties and Tator Tots	7 Beef Nachos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mex Corn	8 Chicken Nuggets Honey Mustard or BBQ Sauce Baked Curly Fries Savory Green Beans	9 Turkey Hot Dog Or Corn Dog Baked Beans French Fries	10 Classic Cheese OR Pepperoni Pizza California Veggie Blend
Week 2: Mini Maple Burst Pancakes Fun Lunch/Boar's Head Oven Gold Turkey and Provolone w/Lettuce on a Bulkie Roll				
13 Classic Cheeseburger Or Chicken Patty, WG Bun Seasoned Potato Wedges Glazed Carrots	14 Chicken Tacos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mex Corn	15 Pasta with Meatballs Seasoned Broccoli Toasted Whole Grain Garlic Bread	16 Golden Toasty Cheese Sandwich Campbell's Tomato Soup	17 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
Week 3: Muffin, Yogurt & String Cheese Fun Lunch/Boar's Head Maple Honey Ham and Swiss w/Lettuce in a Whole Grain Wrap				
20 Popcorn Chicken Baked Curley Fries Savory Green Beans Biscuit	21 Beef Burrito w/Refried Beans and Cheddar, Salsa, Light Sour Cream, Mex Corn, Rice	22 Baked Chicken w/Pasta Alfredo Seasoned Broccoli Whole Grain Garlic Bread	23 Baked Ham Mashed Potatoes w/Gravy, Mixed Veggies Whole Grain Dinner Roll	24 Classic Cheese OR Pepperoni Pizza California Veggie Blend No Fun or Sandwich Lunch
Week 4: Mini Maple Madness Waffles Fun Lunch/Boar's Head Oven Gold Turkey and Provolone w/Lettuce on a Bulkie Roll				
27 NO SCHOOL MEMORIAL DAY	28 Beef Tacos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mex Corn	29 Macaroni and Cheese w/Maple Honey Ham Seasoned Broccoli Whole Grain Breadstick	30 Breakfast for Lunch French Toast Sticks, Syrup Sausage Patties and Tator Tots	31 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad
Week 5: Nachos Fun Lunch/Boar's Head Maple Honey Ham and Swiss w/Lettuce in a Whole Grain Wrap				
Farm Fresh Fruit and Vegetables featuring Local Farms and Orchards				
Power Peas Fresh Baby Carrots Assorted Fresh Fruit (Local) Assorted Chilled Fruit	Garbanzo Beans Green Pepper Strips Assorted Fresh Fruit (Local) Assorted Chilled Fruit	Power Peas Fresh Baby Carrots Assorted Fresh Fruit (Local) Assorted Chilled Fruit	Garbanzo Beans Green Pepper Strips Assorted Fresh Fruit (Local) Assorted Chilled Fruit	Power Peas Fresh Baby Carrots Assorted Fresh Fruit (Local) Assorted Chilled Fruit
Eeeeet				
We Now Serve	Boar's Head	Deli Meats	At All Our Schools	In Region 18!



Vegetarian



Locally Grown

Food Focus of the Month:
Hydration/Kale!

A Full Student Lunch includes an entrée supplying grain and/or protein, two (2) vegetable and one (1) fruit side dishes, and a choice of milk: skim, 1%, or fat free chocolate. Full Paid \$3.00, Reduced \$0.40, Free to those that qualify. Applications for Free and Reduced Meals are available at the Main Office of each school and on the District website. Questions: Call Gary Holland at 860-434-4442. This Institution is an Equal Opportunity Provider.