



Lyme Old Lyme HS: June 3– June 7, 2019 Lunch Menu

	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7
	CREATE				
create	ACTION STATION! Macaroni & Cheese Choice of Toppings: Honey Ham, Cheese, Broccoli Herb Breadstick	TACO TUESDAY Chicken Tacos Seasoned Chicken In Whole Grain Tacos Shredded Cheddar, Salsa, Lettuce, Tomato, Sour Cream, Mexican Corn, Fiesta Rice	ACTION STATION! Pasta Bar Spaghetti and Meatballs in a Zesty Marinara Sauce Seasoned Broccoli Toasted Garlic Bread	ACTION STATION! Asian Stir Fry Orange Popcorn Chicken Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	ACTION STATION! Fajitas Marinated Chicken Peppers and Onions Cheddar Cheese On a Warm Tortilla Wrap, Seasoned Corn Mexican Rice
	2 MATO				
	Meat Lover's Pizza	Chicken Parm Calzone	Meat Lover's Pizza	Pepperoni Calzone	Meat Lover's Pizza
	Classic Cheese and Pepperoni Pizza Offered Daily				
	GRILLED				
grilled	Toasted Turkey Club	Popcorn Chicken, Biscuit, & Fries	Toasted Ham & Cheese Sandwich	Bacon Chicken Ranch Wrap	Italian Chicken Parm Wrap
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	SO DELI				
SO DELI	<i>Made to Order Sandwich Bar featuring Boar's Head Deli Meats Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
	<i>You Can Pre-Order Sandwiches Online on the District Website Under Lunch Menus: High School Sandwich Order</i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone or Swiss
	ON THE GO				
ON THE GO	Fruit and Yogurt Parfait Available Daily				
	Make Your Own Salad	Pick Up a Container of Greens	Boar's Head Meat and Cheese from the Deli	Add Toppings from the Salad Bar	Dressings at the Condiment Stand
	Salads offered with two whole grain dinner rolls or tortilla				
	EXTRA EXTRA				
extra extra	Chick Pea Salad	Power Peas	Chick Pea Salad	Power Peas	Chick Pea Salad
	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables
	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit	Whole Fresh Fruit
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit

Food Focus of the Month:
Melon!

Vegetarian

Locally Grown

A Full Student Lunch includes a choice of entrée supplying grain and/or protein, two (2) vegetable/fruit side dishes, and a choice of milk: skim, 1%, or chocolate. Full Paid \$3.50, Deli and Action Station \$4.25, Reduced \$0.40, Free to those that qualify. Adult Staff Meal \$4.75, with water \$5.50, Staff Deli and Action Station \$5.50, with water \$6.25. Questions: Call Gary Holland at 860-434-4442 or email at hollandg@region18.org. Applications for Free and Reduced Meals are available at the Main Office of each school and on the district website. This Employer is an Equal Opportunity Provider.