



Lyme Old Lyme ES Lunch Menu: Aug/Sept 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| 26 WELCOME BACK! | 27 Breakfast for Lunch Pancakes, Syrup Sausage Patties and Tator Tots | 28 Chicken, Mashed Potatoes and Gravy Savory Green Peas Whole Grain Dinner Roll | 29 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad | 30 NO SCHOOL PD DAY |
| Week 1: Muffin, Yogurt & String Cheese Fun Lunch/Boar's Head Maple Honey Ham and Swiss w/Lettuce in a Whole Grain Wrap | | | | |
| 2 NO SCHOOL LABOR DAY | 3 Beef Nachos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mex Corn | 4 Chicken Nuggets Honey Mustard or BBQ Sauce Baked Curly Fries Savory Green Beans | 5 Turkey Hot Dog Baked Beans French Fries | 6 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 | | | | |
| 9 Classic Cheeseburger On WG Bun Seasoned Potato Wedges Glazed Carrots | 10 Chicken Tacos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mex Corn | 11 Pasta with Meatballs Seasoned Broccoli Toasted Whole Grain Garlic Bread | 12 Golden Toasty Cheese Sandwich Campbell's Tomato Soup | 13 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad |
| Week 3: Cereal, Yogurt, and String Cheese Fun Lunch/Boar's Head Chicken Breast and American w/Lettuce in a WG Wrap | | | | |
| 16 Popcorn Chicken Baked Curley Fries Savory Green Beans Biscuit | 17 Beef Burrito w/Refried Beans and Cheddar, Salsa, Light Sour Cream, Mex Corn, Rice | 18 Baked Chicken w/Pasta Alfredo Seasoned Broccoli Whole Grain Garlic Bread | 19 Roast Turkey w/Gravy Mashed Potatoes Mixed Veggies Whole Grain Dinner Roll | 20 Classic Cheese OR Pepperoni Pizza California Veggie Blend |
| Week 4: Nachos Fun Lunch/Boar's Head Maple Honey Ham and Swiss w/Lettuce on a Bulkie Roll | | | | |
| 23 Cheese Filled Breadsticks Warm Marinara Sauce Seasoned Broccoli | 24 Beef Tacos Shredded Cheddar, Salsa Lettuce, Tomato, Light Sour Cream, Mex Corn | 25 Macaroni and Cheese w/Maple Honey Ham Seasoned Broccoli Whole Grain Breadstick | 26 Breakfast for Lunch French Toast Sticks, Syrup Sausage Patties and Tator Tots | 27 Classic Cheese OR Pepperoni Pizza Colorful Tossed Salad |
| Week 5: Mini Maple Madness Waffles Fun Lunch/Boar's Head Oven Gold Turkey and Provolone w/Lettuce in a WG Wrap | | | | |
| Farm Fresh Fruit and Vegetables featuring Local Farms and Orchards | | | | |
| Power Peas Fresh Baby Carrots Assorted Fresh Fruit (LO) Assorted Chilled Fruit | Garbanzo Beans Green Pepper Strips Assorted Fresh Fruit (LO) Assorted Chilled Fruit | Power Peas Fresh Baby Carrots Assorted Fresh Fruit (LO) Assorted Chilled Fruit | Garbanzo Beans Green Pepper Strips Assorted Fresh Fruit (LO) Assorted Chilled Fruit | Power Peas Fresh Baby Carrots Assorted Fresh Fruit (LO) Assorted Chilled Fruit |
| We Serve Boar's Head Deli Meats At All Our Schools | 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 |



Vegetarian

Locally Grown

Performance Nutrition

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.