



## Lyme Old Lyme HS Lunch Menu: Aug 26 – Aug 30, 2019

	Mon 26	Tue 27	Wed 28	Thu 29	Fri 30
	<b>CREATE</b>				
<b>create</b>	<b>WELCOME BACK!</b>	<b>Breakfast for Lunch</b> WG French Toast Sticks with Syrup Scrambled Eggs with Cheese Tator Tots, Sausage Patty	<b>ACTION STATION!</b> <b>Pasta Bar</b> Rotini & Homemade Spicy Marinara w/Beef Seasoned Green Beans WG Toasted Garlic Bread	<b>ACTION STATION!</b> <b>Asian Stir Fry</b> Sweet & Sour Chicken Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	<b>NO SCHOOL PD DAY</b>
	<b>2 MATO</b>				
		Chicken Parm Calzone	Meat Lover's Pizza	Pepperoni Calzone	
	Classic Cheese and Pepperoni Pizza Offered Daily				
	<b>GRILLED</b>				
<b>grilled</b>		Popcorn Chicken, Biscuit, & Fries	Buffalo Chicken Ranch Quesadilla	Toasted Ham & Cheese Sandwich	
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	<b>SO DELI</b>				
<b>SO DELI</b>	<i>Made to Order Sandwich Bar featuring <b>Boar's Head Deli Meats</b> 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: <b>High School Sandwich Order</b></i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone or Swiss
	<b>ON THE GO</b>				
<b>ON THE GO</b>	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				
	<b>EXTRA EXTRA</b>				
<b>extra. extra.</b>		Power Peas	Chick Pea Salad	Power Peas	
		Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	Tossed Garden Greens Assorted Vegetables	
		Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
		Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	

### PERFORMANCE NUTRITION



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](mailto: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.



# SIMPLY GOOD

## Lyme Old Lyme HS Lunch Menu: Sep 2 – Sep 6, 2019

	Mon 2	Tue 3	Wed 4	Thu 5	Fri 6
<b>create</b>	<b>CREATE</b>				
	<b>LABOR DAY</b>  <b>NO SCHOOL</b>	<b>TACO TUESDAY</b> <b>Beef Nachos</b> Spicy Beef over WG Tortilla Rounds Shredded Cheddar, Salsa, Lettuce, Tomato, Sour Cream, Mexican Corn, Fiesta Rice	<b>ACTION STATION!</b> <b>Chicken Primavera</b> Seasoned Chicken and Veggies Creamy Alfredo Sauce Whole Grain Penne Toasted Garlic Bread	<b>ACTION STATION!</b> <b>Vietnamese Pho Chicken Bowl</b> Chicken, Noodles, Veggies, Broth Crunchy Asian Topping	<b>ACTION STATION!</b> <b>Sloppy Joe's</b> Spicy Beef on a Whole Grain Bun Seasoned Potato Wedges Mixed Vegetables
	<b>2 MATO</b>				
		Sausage and Ricotta Calzone	Meat Lover's Pizza	Pepperoni Calzone	Meat Lover's Pizza
 Classic Cheese and Pepperoni Pizza Offered Daily					
<b>grilled</b>	<b>GRILLED</b>				
		Buffalo Chicken, Biscuit & Fries	Toasted Ham & Cheese Sandwich	Toasted Turkey Club	Italian Chicken Parm Wrap
Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily					
<b>SO DELI</b>	<b>SO DELI</b>				
	<i>Made to Order Sandwich Bar featuring <b>Boar's Head Deli Meats</b></i> <i>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: <b>High School Sandwich Order</b></i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone or Swiss
	<b>ON THE GO</b>				
	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					
<b>extra extra</b>	<b>EXTRA EXTRA</b>				
		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
		Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	

### PERFORMANCE NUTRITION



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](mailto: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.



## Lyme Old Lyme HS Lunch Menu: Sep 9 – Sep 13, 2019

	Mon 9	Tue 10	Wed 11	Thu 12	Fri 13
	<b>CREATE</b>				
<b>create</b>	<b>ACTION STATION!</b> <b>Warm Chicken Caesar Salad</b> Spicy Chicken over Romaine Lettuce with Creamy Caesar Dressing WG Herb Breadstick	<b>TACO TUESDAY</b> <b>Fajitas</b> Marinated Chicken Peppers and Onions Cheddar Cheese On a Warm Tortilla Wrap, Seasoned Corn Mexican Rice	<b>ACTION STATION!</b> <b>Pasta Bar</b> Spaghetti and Meatballs in a Zesty Marinara Sauce Seasoned Broccoli Toasted Garlic Bread	<b>ACTION STATION!</b> <b>Asian Stir Fry</b> Orange Popcorn Chicken Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	<b>ACTION STATION!</b> <b>Beef Stroganoff</b> Ground Beef in a Creamy Mushroom Sauce over Egg Noodles Seasoned Green Beans Herb Breadstick
	<b>2 MATO</b>				
	Meat Lover's Pizza	Meatball Calzone	Meat Lover's Pizza	Pepperoni Calzone	Meat Lover's Pizza
	 Classic Cheese and Pepperoni Pizza Offered Daily				
	<b>GRILLED</b>				
<b>grilled</b>	Toasted Turkey Club	Popcorn Chicken, Biscuit, & Fries	Toasted Ham & Cheese Sandwich	Buffalo Chicken Ranch Quesadilla	Italian Chicken Parm Wrap
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	<b>SO DELI</b>				
<b>SO DELI</b>	<i>Made to Order Sandwich Bar featuring <b>Boar's Head Deli Meats</b> 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: <b>High School Sandwich Order</b></i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone or Swiss
	<b>ON THE GO</b>				
<b>ON THE GO</b>	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				
	<b>EXTRA EXTRA</b>				
<b>extra extra</b>	<b>Chick Pea Salad</b>	<b>Power Peas</b>	<b>Chick Pea Salad</b>	<b>Power Peas</b>	<b>Chick Pea Salad</b>
	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

### PERFORMANCE NUTRITION



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](mailto: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.



## Lyme Old Lyme HS Lunch Menu: Sep 16 – Sep 20, 2019

	Mon 16	Tue 17	Wed 18	Thu 19	Fri 20
	<b>CREATE</b>				
<b>create</b>	<b>Breakfast for Lunch</b> WG French Toast Sticks with Syrup Scrambled Eggs with Cheese Tator Tots, Sausage Patty	<b>Beef Burrito</b> Spicy Beef Refried Beans & Shredded Cheddar in WG Wrap Salsa & Sour Cream Mexican Corn Fiesta Rice	<b>ACTION STATION!</b> <b>Chicken Parm</b> Chicken with Marinara Sauce and Mozzarella Over Penne Pasta, Seasoned Green Beans, Toasted Garlic Bread	<b>ACTION STATION!</b> <b>Asian Stir Fry</b> Sweet & Sour Chicken Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	<b>Meatloaf</b> Mashed Potatoes and Gravy Seasoned Peas Whole Grain Herb Breadstick
	Meat Lover's Pizza	Chicken Parm Calzone	Meat Lover's Pizza	Pepperoni Calzone	Meat Lover's Pizza
	Classic Cheese and Pepperoni Pizza Offered Daily				
	<b>GRILLED</b>				
<b>grilled</b>	Toasted turkey Club	Buffalo Chicken, Biscuit & Fries	Bacon Chicken Ranch Wrap	Toasted Ham & Cheese Sandwich	Italian Chicken Parm Wrap
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	<b>SO DELI</b>				
<b>SO DELI</b>	<i>Made to Order Sandwich Bar featuring <b>Boar's Head Deli Meats</b> 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: <b>High School Sandwich Order</b></i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone and Swiss
	<b>ON THE GO</b>				
<b>ON THE GO</b>	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				
	<b>EXTRA EXTRA</b>				
<b>extra extra</b>	<b>Chick Pea Salad</b>	<b>Power Peas</b>	<b>Chick Pea Salad</b>	<b>Power Peas</b>	<b>Chick Pea Salad</b>
	Tossed Garden Greens	Tossed Garden Greens	Tossed Garden Greens	Tossed Garden Greens	Tossed Garden Greens
	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit

### PERFORMANCE NUTRITION



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](mailto: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.



## Lyme Old Lyme HS Lunch Menu: Sep 23 – Sep 27, 2019

	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27
	<b>CREATE</b>				
<b>create</b>	<b>ACTION STATION!</b> <b>Macaroni &amp; Cheese</b> Choice of Toppings: Honey Ham, Cheese, Broccoli Herb Breadstick	<b>TACO TUESDAY</b> <b>Chicken Tacos</b> Seasoned Chicken In Whole Grain Tacos Shredded Cheddar, Salsa, Lettuce, Tomato, Sour Cream, Mexican Corn, Fiesta Rice	<b>ACTION STATION!</b> <b>Pasta Bar</b> Whole Grain Rotini Homemade Spicy Marinara w/Beef Seasoned Green Beans WG Toasted Garlic Bread	<b>ACTION STATION!</b> <b>General Tso's Chicken</b> Diced Chicken Spicy Sauce Steamed Brown Rice Asian Veggies Crunchy Asian Topping	<b>CHEF CLAUDE'S</b> <b>Shake n' Bake Chicken</b> Mashed Potatoes and Gravy Seasoned Corn WG Biscuit
	<b>2 MATO</b>				
<b>2<sup>mat</sup></b>	Meat Lover's Pizza	Sausage and Ricotta Calzone	Meat Lover's Pizza	Pepperoni Calzone	Meat Lover's Pizza
	Classic Cheese and Pepperoni Pizza Offered Daily				
	<b>GRILLED</b>				
<b>grilled</b>	Bacon Chicken Ranch Wrap	Popcorn Chicken, Biscuit, & Fries	Buffalo Chicken Ranch Quesadilla	Toasted Ham & Cheese Sandwich	Italian Chicken Parm Wrap
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	<b>SO DELI</b>				
<b>SO DELI</b>	<i>Made to Order Sandwich Bar featuring <b>Boar's Head Deli Meats</b> 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: <b>High School Sandwich Order</b></i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone and Swiss
	<b>ON THE GO</b>				
<b>ON THE GO</b>	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				
	<b>EXTRA EXTRA</b>				
<b>extra extra</b>	<b>Chick Pea Salad</b>	<b>Power Peas</b>	<b>Chick Pea Salad</b>	<b>Power Peas</b>	<b>Chick Pea Salad</b>
	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
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit

### PERFORMANCE NUTRITION



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](mailto: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.