



Lyme Old Lyme MS Lunch Menu: Aug 26 – Aug 30, 2019

	Mon 26	Tue 27	Wed 28	Thu 29	Fri 30
	CREATE				
create	WELCOME BACK!	Breakfast for Lunch WG French Toast Sticks with Syrup Scrambled Eggs with Cheese Tator Tots, Sausage Patty	ACTION STATION! Pasta Bar Rotini & Homemade Spicy Marinara w/Beef Seasoned Green Beans WG Toasted Garlic Bread	ACTION STATION! Asian Stir Fry Sweet & Sour Chicken Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	NO SCHOOL PD DAY
	2 MATO				
		Chicken Parm Calzone	Meat Lover's Pizza	Pepperoni Calzone	
	Classic Cheese and Pepperoni Pizza Offered Daily				
	GRILLED				
grilled		Popcorn Chicken, Biscuit, & Fries	Buffalo Chicken Ranch Quesadilla	Toasted Ham & Cheese Sandwich	
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	SO DELI				
SO DELI	<i>Freshly Made Sandwiches featuring Boar's Head Deli Meats Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</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		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. 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 MS Lunch Menu: Sep 2 – Sep 6, 2019

	Mon 2	Tue 3	Wed 4	Thu 5	Fri 6
	CREATE				
create	LABOR DAY NO SCHOOL	TACO TUESDAY Beef Nachos Spicy Beef over WG Tortilla Rounds Shredded Cheddar, Salsa, Lettuce, Tomato, Sour Cream, Mexican Corn, Fiesta Rice	ACTION STATION! Chicken Primavera Seasoned Chicken and Veggies Creamy Alfredo Sauce Whole Grain Penne Toasted Garlic Bread	ACTION STATION! General Tso's Chicken Diced Chicken Spicy Sauce Steamed Brown Rice Asian Veggies Crunchy Asian Topping	ACTION STATION! Sloppy Joe's Spicy Beef on a Whole Grain Bun Seasoned Potato Wedges Mixed Vegetables
		2 MATO			
		Sausage and Ricotta Calzone	Meat Lover's Pizza	Pepperoni Calzone	Meat Lover's Pizza
	Classic Cheese and Pepperoni Pizza Offered Daily				
	GRILLED				
grilled		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				
	SO DELI				
SO DELI	<i>Freshly Made Sandwiches featuring Boar's Head Deli Meats</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</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		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. 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 MS Lunch Menu: Sep 9 – Sep 13, 2019

	Mon 9	Tue 10	Wed 11	Thu 12	Fri 13
	CREATE				
create	ACTION STATION! Warm Chicken Caesar Salad Spicy Chicken over Romaine Lettuce with Creamy Caesar Dressing WG Herb Breadstick	TACO TUESDAY Fajitas Marinated Chicken Peppers and Onions Cheddar Cheese On a Warm Tortilla Wrap, Seasoned Corn Mexican 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! Beef Stroganoff Ground Beef in a Creamy Mushroom Sauce over Egg Noodles Seasoned Green Beans Herb Breadstick
	2 MATO				
	Meat Lover's Pizza	Meatball 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	Buffalo Chicken Ranch Quesadilla	Italian Chicken Parm Wrap
	Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
	SO DELI				
SO DELI	<i>Freshly Made Sandwiches featuring Boar's Head Deli Meats</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</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



PERFORMANCE NUTRITION



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.



Lyme Old Lyme MS Lunch Menu: Sep 16 – Sep 20, 2019

	Mon 16	Tue 17	Wed 18	Thu 19	Fri 20
CREATE					
create	Breakfast for Lunch WG French Toast Sticks with Syrup Scrambled Eggs with Cheese Tator Tots, Sausage Patty	Beef Burrito Spicy Beef Refried Beans & Shredded Cheddar in WG Wrap Salsa & Sour Cream Mexican Corn Fiesta Rice	ACTION STATION! Chicken Parm Chicken with Marinara Sauce and Mozzarella Over Penne Pasta, Seasoned Green Beans, Toasted Garlic Bread	ACTION STATION! Asian Stir Fry Sweet & Sour Chicken Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	Meatloaf 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					
GRILLED					
grilled	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				
SO DELI					
SO DELI	<i>Freshly Made Sandwiches featuring Boar's Head Deli Meats</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone and 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
	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



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.



Lyme Old Lyme MS Lunch Menu: Sep 23 – Sep 27, 2019

	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27
	CREATE				
create	<i>ACTION STATION!</i> Macaroni & Cheese Choice of Toppings: Honey Ham, Cheese, Broccoli Herb Breadstick	<i>TACO TUESDAY</i> Chicken Tacos Seasoned Chicken In Whole Grain Tacos Shredded Cheddar, Salsa, Lettuce, Tomato, Sour Cream, Mexican Corn, Fiesta Rice	<i>ACTION STATION!</i> Pasta Bar Whole Grain Rotini Homemade Spicy Marinara w/Beef Seasoned Green Beans WG Toasted Garlic Bread	<i>ACTION STATION!</i> General Tso's Chicken Diced Chicken Spicy Sauce Steamed Brown Rice Asian Veggies Crunchy Asian Topping	<i>CHEF'S</i> Shake n' Bake Chicken Mashed Potatoes and Gravy Seasoned Corn WG Biscuit
	2 MATO				
2^{matato}	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				
	GRILLED				
grilled	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				
	SO DELI				
SO DELI	<i>Freshly Made Sandwiches featuring Boar's Head Deli Meats</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
	Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone and 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 Fresh Whole Fruit Assorted Chilled Fruit	Tossed Garden Greens Assorted Vegetables Fresh Whole Fruit Assorted Chilled Fruit	Tossed Garden Greens Assorted Vegetables Fresh Whole Fruit Assorted Chilled Fruit	Tossed Garden Greens Assorted Vegetables Fresh Whole Fruit Assorted Chilled Fruit	Tossed Garden Greens Assorted Vegetables Fresh Whole 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. 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.