



Lyme Old Lyme Pre-K Lunch Menu: September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
26 WELCOME BACK!	27	28	29	30 NO SCHOOL PD DAY
2 NO SCHOOL LABOR DAY	3	4	5	6
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
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
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
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
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.