



# SIMPLY GOOD

## Lyme Old Lyme HS Lunch Menu: Feb 3 - Feb 7, 2020

	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7
	<b>CREATE</b>				
<b>create</b>	<b>ACTION STATION!</b> <b>BBQ Pulled Pork</b> On a Whole Grain Roll Seasoned Curly Fries Fiesta Corn	<b>TACO TUESDAY</b> <b>Fajitas</b> Marinated Chicken Peppers and Onions Cheddar Cheese On a Warm Tortilla Wrap, Seasoned Corn Brown Rice	<b>ACTION STATION!</b> <b>Pasta Bar</b> Spaghetti and Meatballs in a Zesty Marinara Sauce Seasoned Broccoli Toasted Garlic Bread	<b>Chinese New Year</b> <b>ACTION STATION!</b> Chicken Chow Mein Chicken and Veggies w/White Sauce Steamed Brown Rice Crunchy Asian Topping	<b>ACTION STATION!</b> <b>Philly Cheese Steak</b> Thinly Sliced Beef Peppers & Onions Cheese Sauce On a Hoagie Roll Potato Wedges
	<b>2 MATO</b>				
	Buffalo Chicken Personal Pizza	Meatball Calzone	Meat Lover's Personal Pizza	Chicken Parm Calzone	Garlic Chicken Personal Pizza
	Classic Cheese and Pepperoni Pizza Offered Daily				
	<b>GRILLED</b>				
<b>grilled</b>	Toasted Turkey Club	Popcorn Chicken, Biscuit, & Fries	Buffalo Chicken Ranch Quesadilla	Meatball Grinder	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
	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

**THE GREAT AMERICAN ROADTRIP –**  
**Discover New Flavors in Your Cafeteria This Month**



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: Feb 10 – Feb 14, 2020

	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14
	<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>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>Asian Stir Fry</b> Orange Popcorn Chicken Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	<b>EARLY DISMISSAL</b>  <b>No Breakfast or Lunch</b>
	<b>2 MATO</b>				
	Buffalo Chicken Personal Pizza	Cheese Calzone	Meat Lover's Personal Pizza	Pepperoni Calzone	
	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	
	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>	
	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	

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## Lyme Old Lyme HS Lunch Menu: Feb 24 – Feb 28, 2020

	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
	<b>CREATE</b>				
<b>create</b>	<b><i>ACTION STATION!</i></b> <b>Macaroni &amp; Cheese</b> Choice of Toppings: Honey Ham, Cheese, Broccoli Herb Breadstick	<b><i>TACO TUESDAY</i></b> <b>Chicken Tacos</b> Seasoned Chicken In Whole Grain Tacos Shredded Cheddar, Salsa, Lettuce, Tomato, Sour Cream, Mexican Corn, Brown Rice	<b><i>ACTION STATION!</i></b> <b>Pasta Bar</b> Whole Grain Rotini Homemade Spicy Marinara w/Beef Seasoned Green Beans WG Toasted Garlic Bread	<b><i>ACTION STATION!</i></b> <b>General Tso's Chicken</b> Diced Chicken Spicy Sauce Steamed Brown Rice Asian Veggies Crunchy Asian Topping	<b><i>ACTION STATION!</i></b> <b>SOUP &amp; SANDWICH</b> Grilled Turkey Club or Grilled Ham & Cheese Homemade Chicken Noodle Soup
	<b>2 MATO</b>				
<b>2<sup>mato</sup></b>	Buffalo Chicken Personal Pizza	Meatball Calzone	Meat Lover's Personal Pizza	Chicken Parm Calzone	Garlic Chicken Personal Pizza
	Classic Cheese and Pepperoni Pizza Offered Daily				
	<b>GRILLED</b>				
<b>grilled</b>	Popcorn Chicken, Biscuit, & Fries	Toasted Turkey Club	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></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 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>	Chick Pea Salad	Power Peas	Chick Pea Salad	Power Peas	Chick Pea Salad
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