



SIMPLY GOOD

Lyme Old Lyme MS Lunch Menu: Feb 3 - Feb 7, 2020

	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7
	CREATE				
create	ACTION STATION! BBQ Pulled Pork On a Whole Grain Roll Seasoned Curly Fries Fiesta Corn	TACO TUESDAY Fajitas Marinated Chicken Peppers and Onions Cheddar Cheese On a Warm Tortilla Wrap, Seasoned Corn Brown Rice	ACTION STATION! Pasta Bar Spaghetti and Meatballs in a Zesty Marinara Sauce Seasoned Broccoli Toasted Garlic Bread	Chinese New Year ACTION STATION! Chicken Chow Mein Chicken and Veggies w/White Sauce Steamed Brown Rice Crunchy Asian Topping	ACTION STATION! Philly Cheese Steak Thinly Sliced Beef Peppers & Onions Cheese Sauce On a Hoagie Roll Potato Wedges
	2 MATO				
	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				
	GRILLED				
grilled	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				
	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	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

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. 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: Feb 10 – Feb 14, 2020

	Mon 10	Tue 11	Wed 12	Thu 13	Fri 14
CREATE					
create	Breakfast for Lunch WG French Toast Sticks with Syrup Scrambled Eggs with Cheese Tator Tots, Sausage Patty	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! Asian Stir Fry Orange Popcorn Chicken Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	EARLY DISMISSAL No Lunch
	2 MATO				
	Buffalo Chicken Personal Pizza	Cheese Calzone	Meat Lover's Personal Pizza	Pepperoni Calzone	
	Classic Cheese and Pepperoni Pizza Offered Daily				
GRILLED					
grilled	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				
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	Chick Pea Salad	Power Peas	Chick Pea Salad	Power Peas	
	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	Assorted Chilled Fruit

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Lyme Old Lyme MS Lunch Menu: Feb 24 – Feb 28, 2020

	Mon 24	Tue 25	Wed 26	Thu 27	Fri 28
	CREATE				
create	ACTION STATION! Macaroni & Cheese Choice of Toppings: Honey Ham, Cheese, Broccoli Herb Breadstick	TACO TUESDAY Chicken Tacos Seasoned Chicken In Whole Grain Tacos Shredded Cheddar, Salsa, Lettuce, Tomato, Sour Cream, Mexican Corn, Brown Rice	ACTION STATION! Pasta Bar Whole Grain Rotini Homemade Spicy Marinara w/Beef Seasoned Green Beans WG Toasted Garlic Bread	ACTION STATION! General Tso's Chicken Diced Chicken Spicy Sauce Steamed Brown Rice Asian Veggies Crunchy Asian Topping	ACTION STATION! SOUP & SANDWICH Grilled Turkey Club or Grilled Ham & Cheese Homemade Chicken Noodle Soup
	2 MATO				
	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				
	GRILLED				
grilled	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				
	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 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

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