

## Lyme Old Lyme HS & MS Lunch Menu:

Mon Feb 28	Tue 1	Wed 2	Thu 3	Fri 4
<b>CREATE</b>				
<b>BBQ Pulled Chicken</b> On a Whole Grain Roll Mixed Vegetables Seasoned Twister Fries	<b>TACO TUESDAY</b> <b>Beef Tacos</b> Seasoned Beef In Whole Grain Tacos Shredded Cheddar, Salsa, Lettuce, Tomato, Sour Cream, Mexican Corn, Fiesta Rice	<b>Pasta Bar</b> Spaghetti and Meatballs in a Zesty Marinara Sauce Seasoned Green Beans Toasted Garlic Bread	<b>Sweet &amp; Sour Chicken Stir Fry</b> Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	<b>Beef n Bean Chili</b> With Cornbread Steamed Brown Rice Mexican Corn
 Classic Cheese and Pepperoni Pizza Offered Daily				
<b>GRILLED</b>				
Cheeseburger Quesadilla	Buffalo Chicken, Biscuit & Fries	Bacon Chicken Ranch Wrap	Meatball Grinder	Toasted Turkey Club
Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
<b>SO DELI</b>				
<i>Freshly Made Sandwiches featuring <b>Boar's Head Deli Meats</b>            Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
<b>You Can Pre-Order Custom Sandwiches Online on the District Website Under Lunch Menus: High School Sandwich Order</b>				
Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone and Swiss
<b>ON THE GO</b>				
Fruit, Yogurt, and Granola  Available Daily				
Pick Up a Container of Greens	Pick Up a Container of Veggies	Pick up a Container of Fruit	Dressings at the Condiment Stand	To Make a Meal Take 2 Fruit/Veggies
Salads offered with two whole grain dinner rolls or tortilla				
<b>EXTRA EXTRA</b>				
Chick Pea Salad	Power Peas	Chick Pea Salad	Corn Salad	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

## Lyme Old Lyme HS & MS Lunch Menu:

Mon 7	Tue 8	Wed 9	Thu 10	Fri 11
<b>CREATE</b>				
<b>Breakfast for Lunch</b> WG French Toast Sticks with Syrup Scrambled Eggs with Cheese Tater Tots, Sausage Patty	<b>Fajitas</b> Beef or Chicken Peppers and Onions Cheddar Cheese On a Warm Tortilla Wrap, Seasoned Corn Brown Rice	<b>Chicken Primavera</b> Seasoned Chicken and Veggies Creamy Alfredo Sauce Or Marinara Sauce Whole Grain Penne Toasted Garlic Bread	<b>Vietnamese Pho</b> <b>Chicken Bowl</b> Chicken, Noodles, Veggies, Broth Crunchy Asian Topping	<b>Early Dismissal</b>  <b>NO LUNCH</b>
<b>2 MATO</b>				
Classic Cheese and Pepperoni Pizza Offered Daily				
<b>GRILLED</b>				
Cheeseburger Quesadilla	Chicken Bacon Ranch Wrap	Popcorn Chicken, Biscuit, & Fries	Toasted Ham & Cheese	
Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
<b>SO DELI</b>				
<i>Freshly Made Sandwiches 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>  <b style="color: red;">You Can Pre-Order Custom Sandwiches Online on the District Website Under Lunch Menus: High School Sandwich Order</b>				
Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone or Swiss
<b>ON THE GO</b>				
Fruit, Yogurt, and Granola Available Daily				
Pick Up a Container of Greens	Pick Up a Container of Veggies	Pick Up a Container of Fruit	Dressings at the Condiment Stand	To Make a Meal Take 2 Fruit/Veggies
<b>EXTRA EXTRA</b>				
Chick Pea Salad	Power Peas	Chick Pea Salad	Corn 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	



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.



## Lyme Old Lyme HS & MS Lunch Menu:

Mon 14	Tue 15	Wed 16	Thu 17	Fri 18
<b>CREATE</b>				
<b>Meatball Grinder</b> On Hoagie Roll Mixed Vegetables Curly Fries	<b>Beef Nachos</b> Spicy Beef over WG Tortilla Rounds Shredded Cheddar, Salsa, Lettuce, Tomato, Sour Cream, Mexican Corn, Brown Rice	<b>Pasta Bar</b> Whole Grain Rotini Homemade Spicy Marinara w/Beef Seasoned Green Beans WG Toasted Garlic Bread	<b>Kung Pao Chicken Stir Fry</b> Spicy Chicken Broccoli & Carrots Kung Pao Sauce Crunchy Asian Topping	<b>Meatloaf</b> Mashed Potatoes and Gravy Seasoned Peas Toasted Garlic Bread
<b>2 MATO</b>				
 Classic Cheese and Pepperoni Pizza Offered Daily				
<b>GRILLED</b>				
Cheese Filled Breadsticks & Marinara	Buffalo Chicken, Biscuit & Fries	Chicken Bacon 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>				
<i>Freshly Made Sandwiches featuring <b>Boar's Head Deli Meats</b> Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
<b>You Can Pre-Order Custom Sandwiches Online on the District Website Under Lunch Menus: High School Sandwich Order</b>				
Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone or Swiss
<b>ON THE GO</b>				
Fruit, Yogurt, and Granola Available Daily 				
Pick Up a Container of Greens	Pick Up a Container of Veggies	Pick Up a Container of Fruit	Dressings at the Condiment Stand	To Make a Meal Take 2 Fruit/Veggies
<b>EXTRA EXTRA</b>				
	Power Peas	Chick Pea Salad	Corn Salad	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

# Lyme Old Lyme HS & MS Lunch Menu: 2022

Mon 21	Tue 22	Wed 23	Thu 24	Fri 25
<b>CREATE</b>				
<b>Macaroni &amp; Cheese</b> Choice of Toppings: Honey Ham, Cheese, Broccoli Herb Breadstick	<b>Beef Burrito</b> Spicy Beef Refried Beans & Shredded Cheddar in Flour Tortilla Salsa & Sour Cream Mexican Corn Fiesta Brown Rice	<b>Chicken Parm</b> Chicken with Marinara Sauce and Mozzarella Over Penne Pasta, Seasoned Green Beans, Toasted Garlic Bread	<b>Asian Stir Fry</b> Orange Popcorn Chicken Steamed Brown Rice Garlic Ginger Broccoli & Carrots Crunchy Asian Topping	<b>Swedish Meatballs</b> w/Beef Gravy Mashed Potatoes Mixed Vegetables Southern Biscuit
<b>2 MATO</b>				
 Classic Cheese and Pepperoni Pizza Offered Daily				
<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>				
<i>Freshly Made Sandwiches 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>				
<b>You Can Pre-Order Custom Sandwiches Online on the District Website Under Lunch Menus: High School Sandwich Order</b>				
Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone or Swiss
<b>ON THE GO</b>				
Fruit, Yogurt, and Granola Available Daily 				
Pick Up a Container of Greens	Pick Up a Container of Veggies	Pick Up a Container of Fruit	Dressings at the Condiment Stand	To Make a Meal Take 2 Fruit/Veggies
<b>EXTRA EXTRA</b>				
<b>Chick Pea Salad</b>	<b>Power Peas</b>	<b>Chick Pea Salad</b>	<b>Corn Salad</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

## Lyme Old Lyme HS & MS Lunch Menu:

Mon 28	Tue 29	Wed 30	Thu 31	Fri Apr 1
<b>CREATE</b>				
<p><b>Warm Chicken Caesar Salad</b> Spicy Chicken over Romaine Lettuce with Creamy Caesar Dressing WG Herb Breadstick</p>	<p><b>Chicken Enchiladas</b> Spiced Chicken Kidney Beans &amp; Shredded Cheddar in a Flour Tortilla w/Red Sauce Mexican Corn &amp; Rice Sour Cream</p>	<p><b>Baked Lasagna</b> Beef w/Marinara Sauce Or Veggie w/Alfredo Sauce Seasoned Green Beans Toasted Garlic Bread</p>	<p><b>Chicken Lo Mein Stir Fry</b> Spicy Chicken Bok Choy &amp; Carrots Lo Mein Noodles Teriyaki Sauce Crunchy Asian Topping</p>	<p><b>Philly Cheese Steak</b> Thinly Sliced Beef Peppers &amp; Onions Cheese Sauce On a Hoagie Roll Potato Wedges</p>
<b>2 MATO</b>				
 Classic Cheese and Pepperoni Pizza Offered Daily				
<b>GRILLED</b>				
Cheeseburger Quesadilla	Meatball Grinder	Popcorn Chicken, Biscuit, & Fries	Toasted Ham & Cheese	Chicken Bacon Ranch Wrap
Cheeseburger and Crispy Chicken Sandwiches w/Fries or Tots Available Daily				
<b>SO DELI</b>				
<i>Freshly Made Sandwiches featuring <b>Boar's Head Deli Meats</b> Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
<b>You Can Pre-Order Custom Sandwiches Online on the District Website Under Lunch Menus: High School Sandwich Order</b>				
Oven Gold Turkey	Buffalo Chicken	Maple Honey Ham	Genoa Salami	Provolone or Swiss
<b>ON THE GO</b>				
Fruit, Yogurt, and Granola  Available Daily				
Pick Up a Container of Greens	Pick Up a Container of Veggies	Pick Up a Container of Fruit	Dressings at the Condiment Stand	To Make a Meal Take 2 Fruit/Veggies
<b>EXTRA EXTRA</b>				
Chick Pea Salad	Power Peas	Chick Pea Salad	Corn Salad	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

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.