

Nutritional Component Key

Milk 1serving-8oz daily(low fat/1%or less-fat-free flavored)
 Fruit fresh or cup 1serving- ½ cup daily
 Vegetable cup 1serving - ½ cup to ¾ cup daily (dark green, red/orange, beans, starchy sub groups once per week)
 Whole Grains (1 ounce equivalents) 2oz serving min. per day
 Meat/Meat Alternates (1 ounce equivalents) 2oz serving min. per day
 Zero trans fats *** LACTAID MILK IS THE ONLY SUBSTITUTION FOR REGULAR MILK UNDER USDA/STATE OF CT GUIDLELINE

Lunch Prices

First- hot lunch w/milk included 3.50
 Second Lunch
 Just Milk \$.50
 Breakfast \$2.00
 First breakfast and first lunch free for reduced/free students



January 2025 SALEM SCHOOL
First Breakfast Grab and GO Free
Whole Grain Meals, Fresh Fruit, 100% Juices, and Milk
Weekly rotating alternative meals
Check out the Fresh Local Veggie and Fruit Bar Daily
MENU IS SUBJECT TO CHANGE AT ANYTIME

Monday	Tuesday	Wednesday	Thursday	Friday
		1 No School	2 Hamburger or Cheeseburger Fries Vegetables/Fruit, Milk Alt: Yogurt Muffin Meal	3 Pepperoni or cheese pizza On whole grain crust Garden salad cups/fruit Milk Alt: Yogurt Muffin Meal
6 Grilled Cheese Tomato Soup Vegetables/Fruit, Milk Alt: Lunchable	7 Chicken Patty Lays Chips Vegetables/Fruit, Milk Alt: Lunchable	8 Build your own Taco's Beef, Veggies, Salsa, and Cheese Vegetables/Fruit, Milk Alt: Lunchable	9 General Tso's Chicken, Vegetable Rice, Chicken Dumplings Vegetables/Fruit, Milk Fortune Cookie Alt: Lunchable	10 Pepperoni or cheese pizza On whole grain crust Garden salad/Fruit, Milk Alt: Lunchable

<p>13</p> <p>Chicken Tenders Mozzarella Sticks Vegetables/Fruit, Milk</p> <p>Alt: Chicken Ceasar Salad</p>	<p>14</p> <p>Hamburger or Cheeseburger Fries Vegetables/Fruit, Milk</p> <p>Alt: Chicken Ceasar Salad</p>	<p>15</p> <p><i>Brunch For Lunch</i> French Toast Sticks, Sausage, Hashbrown Vegetables/Fruit, Milk</p> <p>Alt: Chicken Ceasar Salad</p>	<p>16</p> <p>Cheese Ravioli Green Beans Dinner Roll Vegetables/Fruit, Milk</p> <p>Alt: Chicken Ceasar Salad</p>	<p>17</p> <p>Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk</p> <p>Alt: Chicken Ceasar Salad</p>
<p>20</p> <p>No School</p>	<p>21</p> <p>Hot Dog on Whole Wheat Roll Lays Chips Vegetables/Fruit, Milk</p> <p>Alt: Hummus Meal</p>	<p>22</p> <p>Build your own Nacho's Chicken, Veggies, Salsa, and Cheese Vegetables/Fruit, Milk</p> <p>Alt: Hummus Meal</p>	<p>23</p> <p>BBQ Pork Rib Sandwich Fries Vegetables/Fruit, Milk</p> <p>Alt: Hummus Meal</p>	<p>24</p> <p>Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk</p> <p>Alt: Hummus Meal</p>
<p>27</p> <p>Chicken Nuggets Mashed Potato Mixed Vegetables Vegetables/Fruit, Milk</p> <p>Alt: Ham Sliders</p>	<p>28</p> <p>Cheese Calzone with Marinara Sauce Side Broccoli Vegetables/Fruit, Milk</p> <p>Alt: Ham Sliders</p>	<p>29</p> <p><i>Half Day PD Day</i></p> <p>Turkey Sandwich Lays Chips Vegetables/Fruit, Milk</p>	<p>30</p> <p><i>Brunch For Lunch</i> Pancakes, Bacon, Hashbrown Vegetables/Fruit, Milk</p> <p>Alt: Ham Sliders</p>	<p>31</p> <p>Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk</p> <p>Alt: Ham Sliders</p>

For the 2024-25 school year, Breakfast will no longer be Free for Full Price Students. As a result of Section 242 of Public Act 24-81 the Connecticut State Department of Education (CSDE) will only cover the cost to families for one breakfast and one lunch per day for students who qualify for reduced-price meals through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). This means that schools participating in NSLP and/or SBP will not charge families for the reduced-price portion of these meals.

Please See the Price Key above. If you would like to apply for USDA Free/Reduced Benefit Meals, please go to the district website and download an application. Applications are also available in the main office of each school. If you have already received a letter for Free/Reduced benefits from the district this school year no new application is required.

Charging of a Meal:

Salem Public Schools will allow a child without a meal from home to charge a meal without funds but will exclude allowing ala carte items or more than one lunch during the same lunch service period. **Parents/Guardians are responsible for unpaid charges.** If a student's unpaid meal charges equal or exceed the cost of 30 meals, the Local Educational Agency must also refer the parent or guardian to the LEA's designated local McKinney-Vento Act Homeless Education Liaison as required by C.G.S. Section 10215(b).

Please also email me with any questions at Christian.Urban@elpsk12.org

This institution is an equal opportunity provider.