

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



February 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
<p>3</p> <p>Hamburger or Cheeseburger on Whole Wheat Roll Fries Vegetables/Fruit, Milk</p> <p>Alternative: Lunchable</p>	<p>4</p> <p>Ham & Cheese Sandwich Lays Chips Vegetables/Fruit, Milk</p> <p>Alternative: Lunchable</p>	<p>5</p> <p>Build Your Own Taco Beef, Veggies, Cheese, Olives, Salsa, Sour Cream Vegetables/Fruit, Milk</p> <p>Alternative: Lunchable</p>	<p>6</p> <p>BBQ Chicken, Mac & Cheese Green Beans Vegetables/Fruit, Milk</p> <p>Alternative: Lunchable</p>	<p>7</p> <p>Cheese or French Bread Pizza, Garden Salad Cups, Vegetables/Fruit, Milk</p> <p>Featuring Superbowl Giveaways</p> <p>Alternative: Lunchable</p>
<p>10</p> <p>Meatball Sandwich Fries Mixed Vegetables Vegetables/Fruit, Milk</p> <p>Alternative: Nacho Meal</p>	<p>11</p> <p>Chicken Patty Sandwich Lays Chips Vegetables/Fruit, Milk</p> <p>Alternative: Nacho Meal</p>	<p>12</p> <p><i>Brunch For Lunch</i> Pancakes, Bacon, Hashbrown Vegetables/Fruit, Milk</p> <p>Alternative: Nacho Meal</p>	<p>13</p> <p>Pepperoni or cheese pizza On whole grain crust Garden salad/Fruit, Milk</p> <p>Alternative: Nacho Meal</p>	<p>14</p> <p>Chicken Nuggets (heart shaped) Fries Vegetables/Fruit, Milk</p> <p>Featuring: Special Dessert</p> <p>Alternative: Nacho Meal</p>

<p>17</p> <p>No School</p>	<p>18</p> <p>No School</p>	<p>19</p> <p>Hot Dog Fries Baked Beans Vegetables/Fruit, Milk</p> <p>Alternative: Yogurt Muffin Meal</p>	<p>20</p> <p>Grilled Cheese Tomato Soup Vegetables/Fruit, Milk</p> <p>Alternative: Yogurt Muffin Meal</p>	<p>21</p> <p>Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk</p> <p>Alternative: Yogurt Muffin Meal</p>
<p>24</p> <p>Chicken Tenders & Mozzarella Sticks Bread Stick Vegetables/Fruit, Milk</p> <p>Alternative: Chef Salad</p>	<p>25</p> <p>Hamburger or Cheeseburger Fries Vegetables/Fruit, Milk</p> <p>Alternative: Chef Salad</p>	<p>26</p> <p>Build Your Own Nacho's Chicken, Veggies, Cheese, Olives, Salsa, Sour Cream Vegetables/Fruit, Milk</p> <p>Alternative: Chef Salad</p>	<p>27</p> <p>Boneless or Chicken Wings Celery/Carrots Dinner Roll Vegetables/Fruit, Milk</p> <p>Alternative: Chef Salad</p>	<p>28</p> <p>Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk</p> <p>Alternative: Chef Salad</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.