

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

Lunch - \$4.00 hot lunch w/milk included

Reduced Lunch \$.40, Reduced Breakfast \$.30

Just Milk \$.50

Breakfast \$2.00

First breakfast and first lunch free for free students



March 2026 SALEM SCHOOL
Breakfast Grab and GO
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>2 <i>National School Breakfast Week</i></p> <p align="center">Chicken Bowl Popcorn Chicken, Mashed Potato, Gravy, Corn Vegetables/Fruit, Milk</p> <p align="center">Alt: Breakfast Sandwich</p>	<p>3</p> <p align="center">Hot Dog on Whole Wheat Bun Fries Vegetables/Fruit, Milk</p> <p align="center">Alt: Breakfast Sandwich</p>	<p>4</p> <p align="center">Pancakes Blueberry Compote Bacon Hashbrowns Vegetables/Fruit, Milk</p> <p align="center">Alt: Breakfast Sandwich</p>	<p>5</p> <p align="center">French Bread Pizza Vegetables/Fruit, Milk</p> <p align="center">Alt: Breakfast Sandwich</p>	<p>6</p> <p align="center">Chicken patty Fries Vegetables/fruit, milk Alt: breakfast sandwich</p>
<p>9</p> <p align="center">Chicken Tenders & Onion Rings Vegetables/Fruit, Milk</p> <p align="center">National Nutrition Month Special: Spinach Strawberry Salad</p>	<p>10</p> <p align="center">Hamburger or cheeseburger Fries Vegetables/Fruit, Milk</p> <p align="center">National Nutrition Month Special: Spinach Strawberry Salad</p>	<p>11</p> <p align="center">Grilled Cheese Tomato Soup Vegetables/Fruit, Milk</p> <p align="center">National Nutrition Month Special: Spinach Strawberry Salad</p>	<p>12</p> <p align="center">Soft Shell Taco Beef, Veggies, Salsa and Cheese Vegetables/Fruit, Milk</p> <p align="center">National Nutrition Month Special: Spinach Strawberry Salad</p>	<p>13</p> <p align="center">Pepperoni or cheese pizza On whole grain crust Garden salad cups/fruit Milk</p> <p align="center">National Nutrition Month Special: Spinach Strawberry Salad</p>

<p>16</p> <p>Dipping Meal Chicken Tenders, Soft Pretzel Sticks, Sauces Vegetables/Fruit, Milk</p> <p>Alt: Build Your Own Mini Pizzas (served cold)</p>	<p>17</p> <p>Pizza Bagels Mixed Vegetables Vegetables/Fruit, Milk</p> <p>Alt: Build Your Own Mini Pizzas (served cold)</p>	<p>18</p> <p>BBQ Pork Rib Sandwich Fries Vegetables/Fruit, Milk</p> <p>Alt: Build Your Own Mini Pizzas (served cold)</p>	<p>19</p> <p>Half Day, Early Dismissal Cheeseburger on Whole Wheat Bun Lays Chips Vegetables/Fruit, Milk</p> <p>Alt: Build Your Own Mini Pizzas</p>	<p>20</p> <p>Half Day, Early Dismissal Turkey Grinder Cheez-It's Vegetables/Fruit, Milk</p> <p>Alt: Build Your Own Mini Pizzas (served cold)</p>
<p>23</p> <p>Mini Chicken Corn Dogs Fries Vegetables/Fruit, Milk</p> <p>Alt: Turkey Sliders</p>	<p>24</p> <p>Bosco Cheese Sticks Marinara Sauce Mixed Vegetables Vegetables/Fruit, Milk</p> <p>Alt: Turkey Sliders</p>	<p>25</p> <p>General Tso's Vegetable Rice Chicken Dumpling Vegetables/Fruit, Milk</p> <p>Alt: Turkey Sliders</p>	<p>26</p> <p><i>Brunch For Lunch</i> French Toast Sticks Sausage Hashbrown Vegetables/Fruit, Milk</p> <p>Alt: Turkey Sliders</p>	<p>27</p> <p>Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk</p> <p>Alt: Turkey Sliders</p>
<p>30</p> <p>Chicken Tenders & Mozzarella Sticks Marinara Sauce Vegetables/Fruit, Milk</p> <p>Alt: Nacho Meal</p>	<p>31</p> <p>Cheeseburger on Whole Wheat Bun Fries Vegetables/Fruit, Milk</p> <p>Alt: Nacho Meal</p>			

For the 2025-26 school year, the Connecticut State Department of Education (CSDE) will no longer cover the customers' reduced prices. Therefore, reduced breakfast will be \$.30 and reduced lunch will be \$.40. Free students may receive 1 free breakfast and 1 free lunch per day.

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.