

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



May 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>1 Pepperoni or cheese pizza On whole grain crust Garden salad cups/fruit Milk</p> <p>National School Lunch Hero Day!</p>
<p>4 Chicken Tenders & Mozzarella Sticks Marinara Sauce Green Beans Vegetables/Fruit, Milk</p> <p>Alt: Chef Salad</p>	<p>5 Cinco De Mayo Build Your Own Nacho's Taco Seasoned Chicken, Cheese, Salsa, Sour Cream, Olives Vegetables/Fruit, Milk</p> <p>Alt: Chef Salad</p>	<p>6 <i>Brunch For Lunch</i> French Toast Sticks Sausage Hashbrown Vegetables/Fruit, Milk</p> <p>Alt: Chef Salad</p>	<p>7 General Tso's Chicken Vegetable Rice Chicken Dumpling Vegetables/Fruit, Milk</p> <p>Alt: Chef Salad</p>	<p>8 Pepperoni or cheese pizza On whole grain crust Garden salad cups/fruit Milk</p> <p>Alt: Chef Salad</p>
<p>11 Mini Chicken Corn Dogs Fries Vegetables/Fruit, Milk</p> <p>Alt: Nacho Meal</p>	<p>12 Cheeseburger on Whole Wheat Bun Lays Chips Vegetables/Fruit, Milk</p> <p>Alt: Nacho Meal</p>	<p>13 Pizza Bagels Side of Broccoli Vegetables/Fruit, Milk</p> <p>Alt: Nacho Meal</p>	<p>14 Pasta with Meatballs Garlic Bread Vegetables/Fruit, Milk</p> <p>Alt: Nacho Meal</p>	<p>15 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk Alt: Nacho Meal</p>

<p>18 Chicken Nuggets & Fries Vegetables/Fruit, Milk</p> <p>Alt: Turkey Grinder</p>	<p>19 Chicken Patty Lays Chips Vegetables/Fruit, Milk</p> <p>Alt: Turkey Grinder</p>	<p>20 Bosco Cheese Sticks Marinara Sauce Mixed Vegetables Vegetables/Fruit, Milk</p> <p>Alt: Turkey Grinder</p>	<p>21 BBQ Chicken Mac & Cheese Corn Vegetables/Fruit, Milk</p> <p>Alt: Turkey Grinder</p>	<p>22 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk</p> <p>Alt: Turkey Grinder</p>
<p>25 No School - Holiday</p>	<p>26 Cheeseburger on Whole Wheat Bun Fries Vegetables/Fruit, Milk</p> <p>Alt: Build Your Own Pizza (served cold)</p>	<p>27 <i>Brunch For Lunch</i> Pancake Bacon Egg & Cheese Sandwich Orange Juice Vegetables/Fruit, Milk</p> <p>Alt: Build Your Own Pizza (served cold)</p>	<p>28 Hot Dog on Whole Wheat Bun Lays Chips Vegetables/Fruit, Milk</p> <p>Alt: Build Your Own Pizza (served cold)</p>	<p>29 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk</p> <p>Alt: Build Your Own Pizza (served cold)</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.