

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



June 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</p> <p>BBQ Rib Sandwich Fries Fruit/Vegetables Milk</p> <p>Alt: Nacho Meal</p>	<p>2</p> <p>Hot Dog on Whole Wheat Bun Pasta Salad Chips Fruit/Vegetables Milk</p> <p>Alt: Nacho Meal</p>	<p>3</p> <p>Chicken Nugget Mashed Potato Corn</p> <p>Alt: Nacho Meal</p>	<p>4</p> <p>Hamburger or Cheeseburger Fries Fruit/Vegetable Milk</p> <p>Special Dessert!</p>	<p>5</p> <p>Pepperoni or cheese pizza On whole grain crust Garden salad cups/fruit Milk</p> <p>Alt: Nacho Meal</p>
<p>8</p> <p>BBQ Chicken Breast Sandwich Tater Tots Fruit/Vegetables Milk</p> <p>Alt: Turkey Grinder</p>	<p>9</p> <p>Regular or Spicy Chicken Patty Pasta Salad Chips Fruit/Vegetables Milk</p> <p>Alt: Turkey Grinder</p>	<p>10</p> <p>Popcorn Chicken Chicken Dumpling Vegetable Rice Fruit/Vegetable Milk</p> <p>Alt: Turkey Grinder</p>	<p>11</p> <p>Hamburger or Cheeseburger Fries Fruit/Vegetable Milk</p> <p>Alt: Turkey Grinder</p>	<p>12</p> <p>Pepperoni or cheese pizza On whole grain crust Garden salad cups/fruit Milk</p> <p>Alt: Turkey Grinder</p>
<p>15</p> <p>Chicken Patty Lays Chips Pasta Salad Fruit/Vegetables Milk</p>	<p>16</p> <p>Last Day of School ½ Day</p> <p>Ham or Turkey Sliders (with cheese) & Chips Fruit/Vegetable Milk</p>	<p>17</p>	<p>18</p>	<p>19</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.