What's on the Menu?

Lyme-Old Lyme Middle School
September 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
September 1-4		Beef & Cheese Nachos Asstd Toppings Mexican Street Corn	Pasta w/ Italian Meat Sauce Roasted Zuchinni	Oven Fried Chicken Drumstick Mac & Cheese Roasted Sweet Potatoes	**No School** Professional Development
September 7-11	**No School** Labor Day	Beef Tostados Fresh Pico de Gallo Elotes Style Corn w/ Chili	Chicken Alfredo Broccoli Garlic Bread	BBQ Pulled Chicken Sandwich Cole Slaw Sweet Potato Waffle Fries	Sweet & Sour Popcorn Chicken Brown Rice Stir Fried Veggies
September 14-18	French Toast Sticks Scrambled Eggs Sausage Tater Tots	Beef Enchiladas Rice & Beans	Spaghetti & Meatballs Fresh Roasted Green Beans	Philly Cheesesteak Peppers & Onions Spiral Fries	Chicken Wings & Pretzels Asstd Sauces Celery Sticks w/ Ranch
September 21-25	Chicken & Waffles Tater Tots	Beef Tacos Lettuce, Tomato, Cheddar Cheese Mexican Style Pinto Beans	Macaroni & Cheese BBQ or Buffalo Chicken Garlic Breadstick Broccoli	Loaded Fries Chicken Fajita Peppers & Onions Biscuit	Teriyaki Pineapple Chicken Sandwich Stir Fried Veggies
September 28-30	Mashed Potato Chicken Bowl w/ Gravy Biscuit	Beef & Cheese Nachos Asstd Toppings Black Bean & Corn Salad	Pasta w/ Italian Meat Sauce Roasted Zuchinni		

All meals are served with Milk, fresh fruit, and an assortment of fresh vegetables daily.

DID YOU KNOW? A balanced, healthy breakfast is available to ALL students every school morning! Get you day off to a great start with school breakfast.

Please let us know ahead if you have dietary restrictions and would like hot lunch.

chartwells
serving up happy & healthy

Samantha Van Jeune, Director
Director of Dining Services, Region 18 Schools
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Lunch $4.00 Deli $4.75
Adult $5.25 Adult Deli $6.00 Milk $0.75

This institution is an equal opportunity provider.