

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

Just Milk . \$0

First Breakfast Free for all Students

Second Breakfast \$2.00

First Breakfast and First Lunch Free for Free and Reduced Students



October 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
			1 Meatball Grinders Green Beans Vegetables/Fruit, Milk Alt: Nacho Meal	2 Cheese or BBQ Chicken Pizza Vegetable/Fruit Milk Alt: Nacho Meal
5 CT Grown for CT Kids Week Hot Dog on Whole Wheat Bun Baked Beans French Fries Vegetables/Fruit, Milk Alt: Hummus Meal (with local vegetables)	6 Hamburger or Cheeseburger Onion Rings Vegetables/Fruit, Milk Alt: Hummus Meal (with local vegetables)	7 Taco Quesadilla Rice Salsa, Sour Cream Vegetables/Fruit, Milk Alt: Hummus Meal (with local vegetables)	8 Grilled Cheese Tomato Soup Vegetables/Fruit, Milk Alt: Hummus Meal (with local vegetables)	9 Half Day Grab & Go Turkey Sandwich on Croissant Cheez-It's Fruit/Vegetable, Milk
12 No School Holiday National School Lunch Week →	13 Chicken Patty Mixed Vegetables Lays Fun Size Chips Vegetables/Fruit, Milk Alt: Bagel Yogurt Meal	14 <i>Brunch For Lunch:</i> Pancakes Bacon Hashbrown Vegetables/Fruit, Milk Alt: Bagel Yogurt Meal	15 Build Your Own Taco's Chicken, Veggies, Salsa, and Cheese Vegetables/Fruit, Milk Alt: Bagel Yogurt Meal	16 Buffalo Chicken or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk Alt: Bagel Yogurt Meal

19 Chicken Tenders Mozzarella Sticks Carrots Vegetables/Fruit, Milk Alt: Chef Salad	20 Hamburger or Cheeseburger Fries Vegetables/Fruit, Milk Alt: Chef Salad	21 General Tso's Chicken Lo Mein Noodle Vegetable Egg Roll Vegetables/Fruit, Milk Fortune Cookie Alt: Chef Salad	22 World Series Theme Day <i>Ballpark Combo Meal:</i> Mini Hot Dogs in a Pretzel Cheesy Bites Vegetables/Fruit, Milk Special Dessert! Alt: Chef Salad	23 Cheese or Bacon Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk Alt: Chef Salad
26 Popcorn Chicken Mashed Potato, Gravy Corn Vegetables/Fruit, Milk Alt: Turkey Sliders	27 Mini Bagel Pizza's Carrots Vegetables/Fruit, Milk Alt: Turkey Sliders	28 <i>Brunch For Lunch:</i> Waffle Sticks Sausage Links Hashbrown Vegetables/Fruit, Milk Alt: Turkey Sliders	29 Pasta with Meatballs Green Beans Dinner Roll Vegetables/Fruit, Milk Alt: Turkey Sliders	30 BBQ Chicken or Cheese Pizza On whole grain crust Garden salad cups/fruit Milk Alt: Turkey Sliders

Free Breakfast for All Students and Reduced Meals Paid for by CT State Budget:

Pursuant to Public Act No. 26-68 (Connecticut State Budget fiscal year (SFY 2026-27), state funds have been allocated to the Connecticut State Department of Education (CSDE) for school year (SY) 2026-27 to be able to provide: 1) breakfast meals at no cost to all students in schools that participate in the U.S. Department of Agriculture (USDA) School Breakfast Program (SBP) and do not operate the Community Eligibility Provision (CEP); and 2) lunch meals at no cost to students eligible for reduced-price meals in schools that participate in the USDA National School Lunch Program (NSLP) and do not operate the CEP. For purposes of this program, these funds will be referred to as school meals for Readiness in School Everyday (RISE) funds. 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.