# October 2026 NHRMS LUNCH

**Full Pay $4.25 Adult $5.00 Milk $.75 Reduced Free**

| Monday | Tuesday | Wednesday | Thursday | Friday | OTHER INFORMATION |
|---|---|---|---|---|---|
| | October 5-9 | Farm To Plate | 1 | 2 | |
| **IMPORTANT INFORMATION:** To add money to your student's account, please use the MyPaymentsPlus.com site. If you need assistance setting up your account, please contact the school office. | CT Grown Farm to School Week<br>Check out our Local Fresh Fruit & Vegetables on our serving line. | Berry Hill Farm<br>Cold Spring Farm<br>Gotta Farm<br>Anderson Sugar House<br>Mill Road Maple | Chicken Parmesan w/Marinara Sauce over Penne'<br>Oven Baked Zucchini & Mushrooms | Noise's Specialty Pizza<br>Rainbow Vegetables<br>Fruit | Alternate Lunch Choices<br>Deli & Salad Bar<br>Vegetable Burger Daily<br>Menus are subject to Change |
| 5 | 6 | 7 | 8 | 9 | Alternate Lunch Choice |
| Cheesy Meatball Subs<br>Smile Fries<br>Fresh Farm Fruit & Vegetables | Chicken Tenders<br>Corn on the Cob<br>Buttermilk Biscuit<br>Fresh Farm Fruit & Vegetables | Dutch Waffles<br>Sausage Links<br>Tator Tots<br>Fresh Farm Fruit & Vegetables | Mandarin Orange Chicken<br>Sesame Sauce<br>Vegetable Fried Rice<br>Glazed Ginger Carrots | Noise's Specialty Pizza<br>Rainbow Vegetables<br>Fruit | Monday: Chicken Bites<br>Tuesday: Mozzarella Sticks |
| 12 | Early Dismissal 13 | Early Dismissal 14 | Early Dismissal 15 | Early Dismissal 16 | Wednesday: Hot Dog & Fries |
| Columbus/Indigenous People Day<br>No School | Corn Dogs<br>Baked Beans<br>Fresh Fruit & Vegetables | Macaroni & Cheese<br>Dinner Roll<br>Roasted Broccoli<br>Fruit | Walking Nacho's<br>Taco Meat, Salsa, Sour Cream, Guacamole<br>Mini Corn Bread<br>Warm Cheese Sauce | Noise's Specialty Pizza<br>Rainbow Vegetables<br>Fruit | Thursday: Cheeseburgers<br>Friday: Crispy Chicken Filet Sandwich |
| 19 | 20 | 21 | 22 | 23 | |
| Bacon Cheeseburger or Vegetarian Burger<br>Home Made Cole Slaw<br>Fruit | Pasta W/Meat Sauce<br>Fresh Garden Salad<br>Cheesy Garlic Bread Stick<br>Fruit | French Toast<br>Sausage Links<br>Tator Tots<br>Fresh Fruit & Vegetables | Chicken & Waffles Stixs<br>Local Maple Syrup<br>Tomato Mozzarella Salad<br>Fresh Fruit & Vegetables | Noise's Specialty Pizza<br>Rainbow Vegetables<br>Fruit | All Meals are offered with Fresh or Canned, dried Fruits, and Fresh Vegetables 1% White and Chocolate Fat Free Milk are offered Daily |
| 26 | 27 | 28 | 29 | 30 | |
| Lasagna Roll Ups<br>Garlic Texas Toast<br>Farm Fresh Sauteed Zucchini & Yellow Squash | Tacos<br>Hard or Soft Shell<br>Taco Meat<br>Salsa, Sour Cream, Guacamole<br>Shredded Cheese | Baked Potato Bar<br>Assorted Toppings<br>Chicken Bites<br>Bread Stick | Italian Beef Grinders<br>Curly Fries<br>Fresh Fruits & Vegetables | Noise's Specialty Pizza<br>Spinach & Craisin Salad<br>Halloween Treat | East Haddam is an Equal Opportunity Provider<br>www.easthaddamschools.org<br>menus are subject to change |

Many products contain allergens, for more information or any other questions, please contact Food Services Director, Natalie Mather, at natalie.mather@easthaddamschools.org