

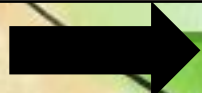




Monday	Tuesday	Wednesday	Thursday	Friday
31 <i>Hauntingly Delicious</i> Chicken Fingers Blood Red Ketchup Baked French Fries Green Broccoli Heads Fresh Fruit	1 Cheesy Bosco Sticks Marinara Sauce Corn & Tomato Salad* Fresh Fruit	2 Vegetable Soup with Noodles Grilled Cheese Squares Fresh Fruit	3 Hamburger or Cheeseburger on WG Bun Baked French Fries Steamed Green Beans Fresh Fruit	4 Fresh Baked Pizza Tossed Salad Vegetable Cups with Hummus Fresh Fruit
7 Crispy Chicken Tenders Baked French Fries Broccoli with Melted Cheese Fresh Fruit	8 No School Professional Development Day 	9 Mini Pancakes Turkey Sausage Sweet Potato Puffs Fresh Fruit Lucky Tray Day	10 Fresh Baked Pizza Choice of Salad Or Vegetables Fresh Fruit	11 Chicken Cordon Bleu Mashed Potatoes & Gravy Steamed Green Beans Blueberry Muffin Fresh Fruit
14 Chicken Nuggets Steamed Peas WG Apple Cinnamon Muffin Fresh Fruit	15 Taco Tuesday! Turkey & Beef Romaine & Tomato Steamed Brown Rice Steamed Corn Apple Wedges	16 Mozzarella Sticks & Chicken Tenders Marinara Sauce WG Dinner Roll Fresh Fruit	17 <i>Thanksgiving Dinner</i> Turkey, Mashed Potatoes, Green Beans, Stuffing & WG Dinner Roll Fresh Fruit	18 Fresh Baked Pizza Tossed Salad Vegetable Cups with Hummus
21 French Bread Style Pizza Tossed Salad Vegetable Cups with Hummus Fresh Fruit	22 Baked Macaroni & Cheese Pizza Green Beans Fresh Fruit Lucky Tray Day	23 Chicken Patty on WG Roll Tossed Salad Vegetable Cups with Hummus Fresh Fruit	24 	25 No School
28 Popcorn Chicken Mashed Potatoes Seasoned Corn WG Dinner Roll Fresh Fruit	29 Mini Pancakes Turkey Sausage Sweet Potato Puffs Fresh Fruit	30 Tomato Vegetable Soup Grilled Cheese Squares Vegetable Cups with Hummus Fresh Fruit	Questions? Contact Liz Paternostro Food Service Director liz.paternostro@easthaddamschools.org	

Breakfast \$1.60
Lunch \$2.85
 If your student
 receives **FREE** or
REDUCED lunch,
 breakfast is **FREE** or
REDUCED!
 All meals include: Raw
 Veggie Cups & Hummus
 Fruit: Fresh &/or Canned in
 Lite Syrup or Juice.
 Milk: 1% White or
 Chocolate Skim

**Daily Alternate
Lunch**
 -Yogurt/Bagel/String
 Cheese
 -Deli Sandwich
 -Sun Butter & Jelly
 Sandwich
 -Assorted Salads
 All meals includes the
 following every day:
 Fresh Fruit/Fruit Cup or
 Fresh Vegetable Cup
 With Hummus
 Choice of Milk-1% or FF
 Chocolate



ADD \$ TO A STUDENT'S ACCOUNT @ mypaymentsplus.com
 CALL THE OFFICE TO GET STUDENT ID # OR CHECK PAYABLE TO EAST HADDAM CAFETERIA FUND*