


December 2016



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| | | | 1 Pasta with Meat Sauce* Garden Salad WG Garlic Breadstick Vegetable Cups with Hummus Fresh Fruit | 2 BBQ Chicken* or Cheese Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit |
| 5 Cheesy Bosco Sticks Marinara Sauce Seasoned Corn Fresh Fruit Early Dismissal | 6 NEW! Santa Fe Wrap (Chicken, Salsa Ranch Sauce, Veges & Cheese) Steamed Broccoli Brown Rice Fresh Fruit | 7 Taco Salad Beef, Romaine Lettuce, Tomato, Cheese, Salsa & Sour Cream Baked Scoops Fresh Fruit | 8 Meatball Grinder Marinara Sauce, Melted Mozzarella on a Sub Roll Vegetable Cups with Hummus Fresh Fruit | 9 Chicken Tenders & Mozzarella Sticks Marinara Sauce Garden Salad WG Dinner Roll Fresh Fruit |
| 12 Red Devil Chicken Patty Sandwich on a Roll Baked Sweet Potato Fries Seasoned Corn Fresh Fruit | 13 General Tao's Chicken Bowl Brown Rice Steamed Broccoli Fresh Fruit | 14 BBQ Pork Sandwich on a Sub Roll Baked French Fries Vegetable Cups with Hummus Fresh Fruit | 15 Grilled Ham & Cheese Sandwich Tomato Vegetable Soup Fresh Fruit | 16 BBQ Chicken* or Cheese Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit |
| 19 Hamburger or Cheeseburger on WG Roll Baked French Fries Lettuce & Sliced Tomato Fresh Fruit | 20 School Made Cheese or Chicken & Cheese Quesadilla* Salsa & Sour Cream Green Beans Fresh Fruit | 21 Popcorn Chicken Bowl Mashed Potatoes Seasoned Corn & Gravy WG Dinner Roll Fresh Fruit | 22 Pasta with Meat Sauce* Garden Salad WG Garlic Breadstick Vegetable Cups with Hummus Fresh Fruit | 23 Chicken Tenders & Mozzarella Sticks Marinara Sauce Garden Salad WG Dinner Roll Fresh Fruit Early Dismissal |
| 26  | 27 Winter Break No School | 28 Winter Break No School | 29 Winter Break No School | 30 Winter Break No School |

Alternate Lunch Daily



Boar's Head

Boar's Head Deli Bar
Salad Option
Chicken Option
Pizza Option

Lunch \$3.10

Breakfast \$1.60

**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

WG = Whole Grain

*** = School made
recipes fresh from
our kitchen**

Questions? Contact Liz Paternostro
Director of Food & Nutrition Services
Liz.paternostro@easthaddamschools.org

ADD \$ TO A STUDENT'S ACCOUNT @ mypaymentsplus.com

CALL THE OFFICE TO GET STUDENT ID # OR CHECK PAYABLE TO EAST HADDAM CAFETERIA FUND*

Menu Subject To Change