


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 Chicken Nuggets Baked French Fries Steamed Green Beans WG Dinner Roll 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
Chicken Option
Pizza Option
Assorted Salads

Lunch \$3.10

Breakfast \$1.60

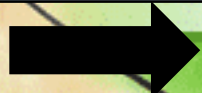
If your student receives FREE or REDUCED lunch, breakfast is FREE or REDUCED!

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