


December 2016

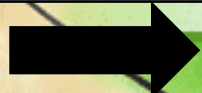


Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheeseburger on WG Bun Baked Smiley Fries Vegetable Cups with Hummus Fresh Fruit	2 Fresh Baked Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit
5 Chicken Tenders Baked French Fries Steamed Broccoli WG Dinner Roll Fresh Fruit Early Dismissal	6 Taco Tuesday! Turkey & Beef Romaine & Tomato Steamed Brown Rice Steamed Corn Apple Wedges	7 Meatball Sliders* Marinara Sauce, Melted Mozzarella on a Sub Roll Fresh Fruit Lucky Tray Day	8 Popcorn Chicken Mashed Potatoes Pizza Green Beans* Blueberry Muffin Fresh Fruit	9 Fresh Baked Pizza* Tossed Salad Vegetables Cups with Hummus Fresh Fruit
12 Chicken Patty Sandwich on a Roll Baked French Fries Seasoned Corn Fresh Fruit	13 Mini Pancakes Sausage Links Tater Tots Fresh Fruit	14 Mozzarella Sticks & Chicken Tenders Marinara Sauce WG Dinner Roll Fresh Fruit	15 Grilled Ham & Cheese Sandwich Tomato Soup Fresh Fruit	16 Fresh Baked Pizza* Tossed Salad Vegetable Cups with Hummus
19 Baked Macaroni & Cheese* Green Beans WG Dinner Roll Fresh Fruit	20 FUN Salad Bar Lots of Veggies Choices of Turkey, Tuna, Cheese, HB Egg WG Apple Cinnamon Muffin Fresh Fruit	21 Chicken Tenders Tossed Salad WG Dinner Roll Vegetable Cups with Hummus Fresh Fruit	22 Cheeseburger on WG Bun Baked Smiley Fries Vegetable Cups with Hummus Fresh Fruit Lucky Tray Day	23 Fresh Baked Pizza* Tossed Salad Vegetable Cups with Hummus Early Dismissal
26 	27 Winter Break No School		29	30 Questions? Contact Liz Paternostro Food Service Director liz.paternostro@easthaddamschools.org Menu Subject To Change

WG = Whole Grain
* = School made recipes fresh from our kitchen

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/WG
-Pretzel/String Cheese
-Deli Sandwich
-Sun Butter & Jelly Sandwich
-Assorted Salads
All meals include 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*