




# February 2017



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Choice of Soup: Chili or Chicken Noodle Garlic Breadstick Fresh Fruit	2 Pasta with Meat Sauce* Garden Salad WG Garlic Breadstick Vegetable Cups with Hummus Fresh Fruit	3 BBQ Chicken Pizza or Cheese Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit
6 Cheeseburger Baked French Fries Tossed Garden Salad Fresh Fruit	7 Grilled Chicken Patty Sandwich Cowboy Beans Fresh Fruit	8 Chicken Nuggets Baked French Fries Tossed Salad WG Dinner Roll Fresh Fruit	9 Mini Pancakes or Waffles Sausage Links Hash Brown Patty Fresh Fruit	10 Chicken Tenders & Mozzarella Sticks Marinara Sauce Garden Salad WG Dinner Roll Fresh Fruit
13 Chicken or Beef Taco's* Lettuce, Tomato, Salsa, Sour Cream Fresh Fruit	14 General Tao's Chicken Bowl* Steamed Brown Rice Steamed Broccoli Fresh Fruit  	15 Cheesy Bosco Sticks Marinara Sauce Vegetable Cups with Hummus Fresh Fruit	16 Meatball Grinder* Marinara Sauce, Melted Mozzarella Vegetable Cups with Hummus Fresh Fruit	17 Pepperoni or Cheese Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit  <b>Early Dismissal</b>
20  <b>No School</b>	21 <b>No School</b>	22 Popcorn Chicken Bowl Mashed Potatoes* Seasoned Corn Gravy WG Dinner Roll Fresh Fruit	23 Pasta with Meatballs* Garden Salad WG Garlic Breadstick Vegetable Cups with Hummus Fresh Fruit	24 Chicken Tenders & Mozzarella Sticks Marinara Sauce Garden Salad WG Dinner Roll Fresh Fruit
27 French Toast Sticks Sausage Links Hash Brown Patty Fresh Fruit	28 Chicken Patty Sandwich Baked French Fries Seasoned Corn Fresh Fruit	<i>East Haddam Food Services is hiring substitute cafeteria workers! Please apply at <a href="http://www.easthaddamschools.org">www.easthaddamschools.org</a></i>		
			<div style="border: 1px solid black; padding: 5px; text-align: center;">                 Questions? Contact Liz Paternostro                  Director of Food &amp; Nutrition Services                  Liz.paternostro@easthaddamschools.org             </div>	

**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

Menu Subject To Change

ADD \$ TO A STUDENT'S ACCOUNT @ [mypaymentsplus.com](http://mypaymentsplus.com)  
CALL THE OFFICE TO GET STUDENT ID # OR CHECK PAYABLE TO EAST HADDAM CAFETERIA FUND\*