

# January 2017



Monday	Tuesday	Wednesday	Thursday	Friday
	3 Popcorn Chicken Bowl Mashed Potatoes Seasoned Corn & Gravy WG Dinner Roll Fresh Fruit	4 Taco Day! Lettuce, Tomato, Cheddar Cheese, Salsa & Sour Cream Fresh Fruit	5 Pasta with Meatballs* Garden Salad WG Garlic Breadstick Vegetable Cups with Hummus Fresh Fruit	6 BBQ Chicken or Cheese Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit
9 Cheesy Bosco Sticks Marinara Sauce Seasoned Corn Fresh Fruit	10 Santa Fe Wrap* (Chicken, Salsa Ranch Sauce, Veggies & Cheese) Steamed Broccoli Fresh Fruit	11 Chicken Nuggets Baked French Fries Steamed Green Beans WG Dinner Roll Fresh Fruit	12 Meatball Grinder Marinara Sauce, Melted Mozzarella Vegetable Cups with Hummus Fresh Fruit	13 Chicken Tenders & Mozzarella Sticks Marinara Sauce Garden Salad WG Dinner Roll Fresh Fruit  <b>Early Dismissal</b>
16 <b>Martin Luther King Day</b>  <b>No School</b>	17 General Tao's Chicken Bowl Brown Rice Steamed Broccoli Fresh Fruit	18 BBQ Pork Sandwich Baked French Fries Vegetable Cups with Hummus Fresh Fruit	19 Grilled Ham & Cheese Sandwich Chicken Noodle Soup Fresh Fruit	20 Pepperoni or Cheese Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit
23 Hamburger or Cheeseburger on WG Roll Baked French Fries Lettuce & Sliced Tomato Fresh Fruit	24 School Made Cheese or Chicken & Cheese Quesadilla* Salsa & Sour Cream Green Beans Fresh Fruit	25 Popcorn Chicken Bowl Mashed Potatoes Seasoned Corn & Gravy WG Dinner Roll Fresh Fruit	26 Pasta with Meatballs* Garden Salad WG Garlic Breadstick Vegetable Cups with Hummus Fresh Fruit	27 Chicken Tenders & Mozzarella Sticks Marinara Sauce Garden Salad WG Dinner Roll Fresh Fruit
30 French Toast Sticks Sausage Links Hash Brown Patty Fresh Fruit	31 Chicken Patty Sandwich Baked French Fries Seasoned Corn Fresh Fruit		Questions? Contact Liz Paternostro Director of Food & Nutrition Services Liz.paternostro@easthaddamschools.org	

**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\*