

January 2017



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>3 Cheesy Bosco Sticks Marinara Sauce Seasoned Corn Fresh Fruit</p> <p>Lucky Tray Day</p>	<p>4 Grilled Cheese Squares Tomato Soup Blueberry Muffin Fresh Fruit</p>	<p>5 Cheeseburger on a Roll Baked French Fries Fresh Fruit</p>	<p>6 Fresh Baked Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit</p>
<p>9 Crispy Chicken Tenders Baked French Fries Broccoli with Melted Cheese Dinner Roll Fresh Fruit</p>	<p>10 Mini Pancakes Sausage Links Hash Brown Patty Fresh Fruit</p>	<p>11 Chicken Nuggets Steamed Green Beans WG Blueberry Muffin Fresh Fruit</p>	<p>12 Meatball Sliders Marinara Sauce, Melted Mozzarella Vegetable Cups with Hummus Fresh Fruit</p>	<p>13 Fresh Baked Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit</p> <p>Early Dismissal</p>
<p>16 Martin Luther King Day</p> <p>NO SCHOOL</p>	<p>17 Taco Tuesday! Seasoned Meat, Lettuce, Tomato, Salsa, Sour Cream Baked Scoops Fresh Fruit</p>	<p>18 BBQ Chicken Sandwich* Baked French Fries Vegetable Cups with Hummus Fresh Fruit</p> <p>Lucky Tray Day</p>	<p>19 FUN Salad Bar Lots of Veggies Choice of Turkey, Ham, Cheese, HB Egg Apple Cinnamon Muffin Fresh Fruit</p>	<p>20 Fresh Baked Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit</p>
<p>23 Hamburger or Cheeseburger on WG Roll Baked French Fries Lettuce & Sliced Tomato Fresh Fruit</p>	<p>24 School Made Cheese or Chicken & Cheese Quesadilla* Salsa & Sour Cream Green Beans Fresh Fruit</p>	<p>25 Popcorn Chicken Mashed Potatoes Seasoned Corn WG Dinner Roll Fresh Fruit</p>	<p>26 Pasta with Meatballs* Garden Salad WG Garlic Breadstick Vegetable Cups with Hummus Fresh Fruit</p>	<p>27 Fresh Baked Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit</p>
<p>30 French Toast Sticks Sausage Links Hash Brown Patty Fresh Fruit</p>	<p>31 Chicken Patty Sandwich Baked French Fries Seasoned Corn Fresh Fruit</p>			<p>Questions? Contact Liz Paternostro Food Service Director liz.paternostro@easthaddamschools.org</p>

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*