




Monday	Tuesday	Wednesday	Thursday	Friday
3 Popcorn Chicken Steamed Brown Rice Steamed Green Beans Seasonal Fruit	4 Cheesy Bosco Sticks Marinara Dipping Sauce Tossed Green Salad Graham Crackers Seasonal Fruit	5 Tomato Vegetable Soup (our recipe) Grilled Cheese Squares Fresh Fruit	6 Cheeseburger on WG Roll Baked French Fries Broccoli Trees Apple Wedges	7 School Made Pizza Veggie Cups with Hummus Fresh Fruit Early Dismissal
10 No School Columbus Day	11 WW Flour Tortillas with Our recipe using Turkey & Beef Romaine & Tomato Steamed Brown Rice Steamed Corn Apple Wedges	12 Mini Pancakes Blueberries or Strawberries Turkey Sausage Sweet Potato Puffs	13 Baked Chicken Drumstick (no breading) Yukon Gold Mashed Potatoes (our recipe) Pizza Green Beans WG Roll Fresh Fruit Lucky Tray Day	14 <i>Make your own Pizza</i> Melted Cheese on a Pita Marinara Dipping Sauce Fresh Veggie Cup Fresh Fruit
17 Chicken Nuggets (all natural and minimally processed) Steamed Peas WG Blueberry Muffin Orange Wedges	18 Baked Macaroni & Cheese Garden Salad WG Dinner Roll Fresh Fruit	19 Mozzarella Sticks & Chicken Strips Marinara Dipping Sauce Tossed Green Salad Apple Wedges Early Dismissal	20 Cheeseburger on WG Roll Baked Smiley Fries Broccoli Trees Fresh Fruit Early Dismissal	21 School Made Pizza Veggie Cups with Hummus Fresh Fruit Early Dismissal
24 Crispy Fish or Turkey & Cheese on WG Roll Steamed Corn 100% Frozen Fruit Juice Cup	25 Chicken Patty on WG Roll Broccoli Trees Fresh Fruit	26 FUN Salad Bar Lots of Veggies Choices of Turkey, Tuna, Cheese, HB Egg WG Apple Cinnamon Muffin Fresh Fruit	27 Pasta with Meat Sauce (our recipe using Turkey & Beef) Garden Salad with Lite Dressing WG Breadstick Fresh Fruit Lucky Tray Day	28 School Made Pizza Veggie Cups with Hummus Fresh Fruit
				<p>Questions? Contact Liz Paternostro Food Service Director liz.paternostro@easthaddamschools.org</p>

We are striving for healthier lunch options, featuring more fresh & natural foods and more cooking from scratch in 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/Bagel/String Cheese
-Deli Sandwich
-Sun Butter & Jelly Sandwich
-Assorted Salads
All meals includes the following every day:
Fresh Fruit/Fruit Cup or Fresh Vegetable Cup With Hummus
Choice of Milk-1% or FF Chocolate

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