


MEAL PRICES:

Daily Lunch: \$3.00 (reduced \$.40)
 Milk (only): \$.50
 Breakfast is available to ALL students for FREE!
 Adult Meal Prices: \$2.00 (Breakfast)
 \$4.00 (Lunch)

**Horace Porter School
 Breakfast & Lunch Menu
 AUG/SEPT 2018**

PLEASE SEE BACKSIDE FOR A
 BRIEF NEWSLETTER & MORE
 MEAL INFORMATION!

DO YOU LIKE OUR NEW FORMAT?

		<p style="text-align: right;">8/29</p> <p>Mini Corn Dogs</p> <p>Oven Baked Potato Wedge Three Bean Salad Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p>	<p style="text-align: right;">8/30</p> <p>Zesty Orange Chicken</p> <p>Seasoned Brown Rice Steamed Broccoli & Carrots Fortune Cookie Assorted Fruits Milk</p> <p><i>Breakfast: Mini Waffles</i></p>	<p style="text-align: right;">8/31</p> <p>Pasta and Meatballs</p> <p>Marinara Sauce Garden Salad Italian Dressing Assorted Fruits Milk</p> <p><i>Breakfast: Egg and Cheese</i></p>
<p style="text-align: right;">9/3</p> 	<p style="text-align: right;">9/4</p> <p>Brunch for Lunch</p> <p>French Toast Sticks Egg Patty Tater Tots & Grape Tomatoes Assorted Fruits Milk</p> <p><i>Breakfast: Mini Pancakes</i></p>	<p style="text-align: right;">9/5</p> <p>Cheesy Pizza Slice <i>It's National Cheese Pizza Day!</i></p> <p>Three Bean Salad Baby Carrots Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p>	<p style="text-align: right;">9/6</p> <p>Toasted Cheese Sandwich</p> <p>Vegetarian Baked Beans Sweet Potato Fries Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p>	<p style="text-align: right;">9/7</p> <p>Lasagna Roll Up</p> <p>Topped w/ Meat Sauce & Cheese Garden Salad Assorted Fruits Milk</p> <p><i>Breakfast: Egg and Cheese</i></p>
<p style="text-align: right;">9/10</p> <p>Fried Dough w/ Sauce</p> <p>Crunchy Baby Carrots Garden Salad w/ Ranch Dressing Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p>	<p style="text-align: right;">9/11</p> <p>Hearty Mexican Mac n' Cheese</p> <p>Tortilla Chips and Salsa Sweet Steamed Corn Assorted Fruits Milk</p> <p><i>Breakfast: Mini Pancakes</i></p>	<p style="text-align: right;">9/12</p> <p>Sloppy, Sloppy Joe</p> <p>Served on a WG Roll Oven Baked Fries Zesty Green Bean Salad Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p>	<p style="text-align: right;">9/13</p> <p>BBQ Chicken</p> <p>Season Brown Rice Steamed Broccoli Golden Carrots Assorted Fruits Milk</p> <p><i>Breakfast: Mini Waffles</i></p>	<p style="text-align: right;">9/14</p> <p>Turkey & Cheese Grinder <i>It's National Hoagie Day!</i></p> <p>Lettuce & Tomato Baked Potato Chips Assorted Fruits Milk</p> <p><i>Breakfast: Egg and Cheese</i></p>
<p style="text-align: right;">9/17</p> <p>Cheesy Pizza Slice</p> <p>Crispy Celery Sticks Crunchy Baby Carrots Ranch Dipping Sauce Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p>	<p style="text-align: right;">9/18</p> <p>Brunch for Lunch</p> <p>French Toast Sticks Egg Patty Tater Tots & Grape Tomatoes Assorted Fruits Milk</p> <p><i>Breakfast: Mini Pancakes</i></p>	<p style="text-align: right;">9/19</p> <p>Chicken Tenders</p> <p>Seasoned Brown Rice Steamed Broccoli Golden Carrots Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p>	<p style="text-align: right;">9/20</p> <p>Cheese Quesadilla</p> <p>Zesty Tomato Salsa Sweet Steamed Corn Refried Beans Assorted Fruits Milk</p> <p><i>Breakfast: Mini Waffles</i></p>	<p style="text-align: right;">9/21</p> <p>Fish and Chips</p> <p>Oven Baked Potato Wedges Creamy Coleslaw Tartar Sauce Assorted Fruits Milk</p> <p><i>Breakfast: Egg and Cheese</i></p>
<p style="text-align: right;">9/24</p> <p>Pizza Crunchers</p> <p>Marinara Crunchy Baby Carrots Garden Salad w/ Ranch Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p>	<p style="text-align: right;">9/25</p> <p>Chicken Soft Taco</p> <p>Tomato Salsa Shredded Lettuce & Tomato Refried Beans Assorted Fruits Milk</p> <p><i>Breakfast: Mini Pancakes</i></p>	<p style="text-align: right;">9/26</p> <p>BBQ Beef</p> <p>Served on WG Roll Three Bean Salad Oven Baked Potato Wedge Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p>	<p style="text-align: right;">9/27</p> <p>Cheesy Mac n' Cheese</p> <p>Garlic Bread Stick Steamed Broccoli Golden Carrots Assorted Fruits Milk</p> <p><i>Breakfast: Mini Waffles</i></p>	<p style="text-align: right;">9/28</p> <p>Cheese Burger Deluxe</p> <p>Lettuce, Tomato & Pickle Sweet Potato Fries Vegetarian Baked Beans Assorted Fruits Milk</p> <p><i>Breakfast: Egg and Cheese</i></p>

*Menu subject to change without notice.

Welcome!

...to the 2018-2019 school year! We hope you all had a great summer!

- ❖ September is National Breakfast Month! Did you know that we offer breakfast at school every day from 7:30 to 8:30 am? Breakfast includes milk, juice, fruit, and choice of breakfast entrée. We offer cold cereal and a hot item choice each day.
- ❖ Breakfast Fuels Learning! Kids and teens can concentrate on their schoolwork better when they are not hungry. Studies show that kids do better in school when they eat breakfast.
- ❖ School breakfast can simplify mornings for families by offering kids and teens healthy options that fit into their schedule.
- ❖ Parents! You can view your child's account balance and purchase history online! Payments for your child's lunch account can also be made online with a debit/credit card at www.MySchoolBucks.com (you will need your child's student ID number).

Thank you for reading! Feel free to reach out with comments/suggestions – EASTCONN Food Service

Breakfast



A complete breakfast includes; Whole Grain based Entrée, Milk, Fruit and/or 100% Fruit Juice.
Reduced Sugar Whole Grain Cereals are available in addition to the daily offering.



What does a complete hot lunch include?

Grain, meat/meat alternate, vegetable, fruit & milk

Students are encouraged to select all 5 components!

Alternate lunches are available daily by request only and include all food group components:

- Week 1:** Chicken Patty on Bun, Vegetable & Fruit Choice
- Week 2:** Cheeseburger on Bun, Vegetable & Fruit Choice
- Week 3:** Meatball Grinder, Vegetable & Fruit Choice
- Week 4:** Cheese Filled Breadsticks, Vegetable & Fruit Choice
- Week 5:** Popcorn Chicken Boats, Vegetable & Fruit Choice
 - A nut butter* & jelly or nut butter & fluff
On whole wheat bread
 - *(Wowbutter, Peanut Butter or Sunbutter)
 - Salad with turkey, salad with cheese or salad with turkey & cheese (*EXCEPT *Salad Days)

Lunch



A meal is considered complete is 3 out of 5 food groups are present on the tray, including a serving of fruit.



Lunch choices include: Fat Free or 1% Regular Milk and fat-free chocolate milk



on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating

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