

Daily Lunch: \$3.00 (reduced \$.40)

Milk (only): \$.50

Breakfast: \$1.50

November 2017

Menu

Visit our website for more information

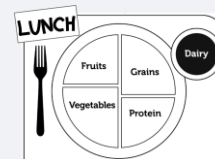
<http://www.eastconn.org/index.php/eastconn-school-lunch-menus>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11/1 Chicken Taco Salad Served with Roasted Corn Salsa, Tortilla Chips and Black Beans <i>Breakfast: Mini Pancakes</i>	11/2 Cheese Burger Served with Lettuce, Tomato on a WG Bun And French Fries <i>Breakfast: Breakfast Roll</i>	11/3 American Chop Suey Served with Garden Green Salad and Ranch Dressing <i>Breakfast: Egg & Ch Roll</i>
11/6 Cheese Pizza served with Baby Carrots and a Garden Salad with Ranch Dressing <i>Breakfast: Mini Waffles</i>	11/7 	11/8 Sloppy Joe on WG Roll Served with Corn and oven baked French Fries <i>Breakfast: Mini Pancakes</i>	11/9 BBQ Roasted Chicken Served with Seasoned Brown Rice, Three Bean Salad and Coleslaw <i>Breakfast: Breakfast Roll</i>	11/10 
11/13 Cheesy Pizza Sticks Served with Marinara Sauce and Cucumber Wheels with Ranch Dip <i>Breakfast: Mini Waffles</i>	11/14 Chicken Taco Salad Served with Roasted Corn Salsa, Tortilla Chips and Black Beans <i>Breakfast: Breakfast Roll</i>	11/15 Brunch For Lunch French Toast Sticks, Turkey Sausage, Tater Tots & Grape Tomatoes <i>Breakfast: Mini Pancakes</i>	11/16 Crispy Chicken Tenders Served with Seasoned Brown Rice and Steamed Broccoli <i>Breakfast: Breakfast Roll</i>	11/17 Spaghetti & Meatballs In Marinara served with Garden Salad with Italian Dressing <i>Breakfast: Egg & Chs Roll</i>
11/20 Cheese Pizza Served with Baby Carrots and Garden Salad with Ranch Dressing <i>Breakfast: Mini Waffles</i>	11/21 Sweet and Sour Chicken Served over Brown Rice with and Asian Vegetable Medley Fortune Cookie <i>Breakfast: Breakfast Roll</i>	11/22 Toasted Turkey & Cheese Sandwich Served with Hearty Veg Tomato Soup <i>Breakfast: Mini Pancakes</i>	11/23 11/24 	
11/27 Cheese Pizza Served with Fresh Garden Vegetable Salad and Ranch Dressing <i>Breakfast: Mini Waffles</i>	11/28 Beef & Cheese Taco served with Roasted Corn Salsa and seasoned Rice and Beans <i>Breakfast: Breakfast Roll</i>	11/29 Herb Roasted Chicken Served over a Garden Salad with Ranch Dressing and a Dinner Roll <i>Breakfast: Egg & Ch. Roll</i>	11/30 Land O'Lakes Mac n' Cheese served with golden Carrots and Green Beans <i>Breakfast: Breakfast Roll</i>	

We encourage you to take part in the lunch pre-payment program. Please make **Checks Payable to EASTCONN.** Please enclose child's name, grade and number of lunches.

What makes a complete lunch?

- Protein
- Whole Grains
- Fruit
- Vegetables
- Milk



Choice of fat free chocolate, 1% white or skim white milk served daily.

Suggestions or concerns contact Coordinator of Food Services, Heather Plourde at: 860-455-1552 hplourde@eastconn.org

Alternate lunches are available 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: Chicken Patty on Bun, Vegetable & Fruit Choice
- Week 4: Cheeseburger on Bun, Vegetable & Fruit Choice
- Week 5: Chicken Patty on Bun, Vegetable & Fruit Choice



A complete breakfast includes; Whole Grain based Entrée, Milk, Fruit and or 100% Fruit Juice

Reduced Sugar, Whole Grain Cereals will be offered in addition to the daily offering.

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

*Menu subject to change without notice.