

*MEAL PRICES:*  
 Daily Lunch: \$3.00 (reduced \$.40)  
 Milk (only): \$.50  
 Breakfast: \$1.50

**Horace W. Porter School**  
 Breakfast & Lunch Menu  
**JUNE 2018**

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

DO YOU LIKE OUR NEW FORMAT?

|  |  |  |   |   |
|--|--|--|---|---|
|  |  |  |   | 6/1<br><b>Pasta w/ Meat Sauce</b><br><br>Served with Garden Salad<br>Ranch Dressing<br>Assorted Fruits<br>Milk                  |
| 6/4<br><b>Cheese Pizza</b><br><br>Served with Baby Carrots<br>Cucumber Wheels<br>w/ Ranch Dressing<br>Assorted Fruits<br>Milk  | 6/5<br><b>Beef and Cheese Taco</b><br><br>Served with<br>Roasted Corn Salsa<br>Lettuce and Tomato<br>Assorted Fruits<br>Milk             | 6/6<br><b>Mini Turkey Corn Dog</b><br><br>Oven Baked Potato Wedges<br>New England Baked Beans<br>Assorted Fruits<br>Milk | 6/7<br><b>Toasted Cheese Sandwich</b><br>Green Beans<br>Grape Tomatoes<br>Assorted Fruits<br>Milk               | 6/8<br><b>Cheese Burger</b><br><br>Served on a WG Bun<br>Oven Baked French Fries<br>Lettuce & Tomato<br>Assorted Fruits<br>Milk |
| 6/11<br><b>Cheesy Pizza Dippers</b><br><br>Served with Garden Salad<br>Ranch Dressing<br>Assorted Fruits<br>Milk               | 6/12<br><b>Brunch for Lunch</b><br><br>WG Waffle Sticks<br>Turkey Sausage<br>Tater Tots & Grape Tomatoes<br>Assorted Fruits<br>Milk      | 6/13<br><b>Turkey &amp; Cheese Sub</b><br>Lettuce & Tomato<br>Oven Baked French Fries<br>Assorted Fruits<br>Milk         | 6/14<br><b>Crispy Chicken Tenders</b><br>Seasoned Brown Rice<br>Green Beans<br>Assorted Fruits<br>Milk          | 6/15<br><b>Lasagna Rollups</b><br><br>Served with Garden Salad<br>Ranch Dressing<br>Assorted Fruits<br>Milk                     |
| 6/18<br><b>Cheese Pizza</b><br><br>Served with Baby Carrots<br>Cucumber Wheels<br>w/ Ranch Dressing<br>Assorted Fruits<br>Milk | 6/19<br><b>Cheese Quesadillas</b><br><br>Served with Roasted Corn<br>Tortilla Chips<br>Seasoned Refried Beans<br>Assorted Fruits<br>Milk | 6/20<br><b>Pasta w/ Meat Sauce</b><br><br>Served with Garden Salad<br>Ranch Dressing<br>Assorted Fruits<br>Milk          | 6/21<br><b>Toasted Cheese Sandwich</b><br>Served with Baby Carrots<br>Grape Tomatoes<br>Assorted Fruits<br>Milk | 6/22<br><b>Crispy Chicken Sandwich</b><br>Served with Green Beans<br>Assorted Fruits<br>Milk                                    |



\*Menu subject to change without notice.

Welcome!

...to the new school menu format! I hope you find this format easier to read and understand!

- ❖ Kids you need to thank Horace Mann. In 1840 educator/politician, Horace Mann started School Summer Vacations! He believed that over stimulating the minds of children could cause them stress and that they needed a break. The kids thank you Mr. Mann!
- ❖ Childhood food insecurity remains at unacceptable levels across the country and children are most acutely at risk in the summer when they do not have access to school meals. There were 689 sites in the summer of 2017 across Connecticut offering free meals to children 18 years and younger! For sites near you call 211, Text CTmeals to 877877 or visit [www.CTSummerMeals.org](http://www.CTSummerMeals.org).

☀️ Have a happy and safe Summer Vacation! ☀️

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:**

- A peanut butter & jelly sandwich on whole wheat bread
- Salad with meat, salad with cheese or salad with meat & 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



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.)

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