


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

Horace W. Porter School
 Breakfast & Lunch Menu
MAY 2018

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

DO YOU LIKE OUR NEW FORMAT?

	5/1	5/2	5/3	5/4
	<p>Brunch for Lunch</p> <p>French Toast Sticks Turkey Sausage Tater Tots & Grape Tomatoes Assorted Fruits Milk</p>	<p>Crispy Chicken Tenders</p> <p>Seasoned Brown Rice Steamed Broccoli Assorted Fruits Milk</p>	<p>BBQ Roasted Chicken</p> <p>Seasoned Brown Rice Golden Corn Coleslaw Assorted Fruits Milk</p>	<p>Pasta and Meatballs</p> <p>Served with Zesty Italian 3 Bean Salad Assorted Fruits Milk</p>
5/7	5/8	5/9	5/10	5/11
<p>Cheesy Pizza Dippers</p> <p>Served with a side of Marinara Sauce Baby Carrots & Cucumber Wheels Assorted Fruits Milk</p>	<p>Beef and Cheese Soft Taco</p> <p>Served with Roasted Corn Salsa And a side of Refried Beans Assorted Fruits Milk</p>	<p>Meatball & Cheese Sub</p> <p>Served with Garden Salad Ranch Dressing Assorted Fruits Milk</p>	<p>Sweet & Sour Popcorn Chicken</p> <p>Served over seasoned Brown Rice Asian Vegetable Medley Fortune Cookie Assorted Fruits Milk</p>	<p>Crispy Chicken</p> <p>Served on WG Roll with Lettuce & Tomato Sweet Potato Fries Assorted Fruits Milk</p>
5/14	5/15	5/16	5/17	5/18
<p>Cheese Pizza</p> <p>Served with Baby Carrots Garden Salad w/ Ranch Dressing Assorted Fruits Milk</p>	<p>Brunch for Lunch</p> <p>French Toast Sticks Turkey Sausage Tater Tots & Grape Tomatoes Assorted Fruits Milk</p>	<p>Sloppy, Sloppy Joe</p> <p>Served on a WG Roll Oven Baked Fries Sweet Green Peas Assorted Fruits Milk</p>	<p>Crispy Chicken</p> <p>Served on WG Roll Garden Salad w/ Ranch Dressing Assorted Fruits Milk</p>	<p>Cheese Burger</p> <p>Served on a soft Pretzel Bun Oven Baked Potato Wedges Roasted Corn & Black Bean Salad Assorted Fruits Milk</p>
5/21	5/22	5/23	5/24	5/25
<p>Fried Dough</p> <p>Served with Sauce and Cheese Baby Carrots & Cucumber Wheels Assorted Fruits Milk</p>	<p>Cheese Quesadillas</p> <p>Served with Roasted Corn Tortilla Chips Seasoned Refried Beans Assorted Fruits Milk</p>	<p>Chicken Mac n' Cheese</p> <p>Served with Golden Carrots Breadstick, Sweet Green Peas Assorted Fruits Milk</p>	<p>Toasted Cheese Sandwich</p> <p>Sweet Potato Fries Steamed Broccoli Assorted Fruits Milk</p>	<p>Mini Turkey Corn Dog</p> <p>Oven Baked Potato Wedges New England Baked Beans Assorted Fruits Milk</p>
5/28	5/29	5/30	5/31	
 <p>MEMORIAL DAY <i>Remember those who served</i></p>	<p>Brunch for Lunch</p> <p>French Toast Sticks Turkey Sausage Tater Tots & Grape Tomatoes Assorted Fruits Milk</p>	<p>Crispy Chicken Tenders</p> <p>Seasoned Brown Rice Steamed Broccoli Assorted Fruits Milk</p>	<p>BBQ Roasted Chicken</p> <p>Seasoned Brown Rice Golden Corn Coleslaw Assorted Fruits Milk</p>	

*Menu subject to change without notice.

Welcome!

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

- ❖ May 4th is School Lunch Hero Day! Between preparing healthy meals for America's students, adhering to strict nutrition standards, navigating student food allergies, and offering service with a smile, school nutrition professionals are true heroes!
- ❖ May 7-11 is National Teacher Appreciation Week! Teachers change the lives of millions of children every day, and their work and impact extends far beyond the boundaries of the classroom. Take the time to show your appreciation this week!
- ❖ May 28th – Memorial Day "As we express our gratitude, we must never forget that the highest appreciation is not to utter the words, but to live by them." – John F. Kennedy

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:** 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 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

