


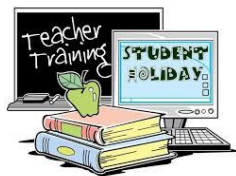
MEAL PRICES:

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
OCTOBER 2018

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

DO YOU LIKE OUR NEW FORMAT?

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|---|--|---|---|--|
| <p>10/1 French Bread Pizza</p> <p>Crispy Cucumber Wheels Crunchy Baby Carrots Ranch Dipping Sauce Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p> | <p>10/2 Zesty Orange Chicken</p> <p>Seasoned Brown Rice Steamed Broccoli & Carrots Fortune Cookie Assorted Fruits Milk</p> <p><i>Breakfast: Mini Pancakes</i></p> | <p>10/3 Mini Corn Dogs</p> <p>Oven Baked Potato Wedge Three Bean Salad Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p> | <p>10/4 Beef and Cheese Tacos</p> <p><i>Happy National Taco Day!</i> Zesty Tomato Salsa Sweet Steamed Corn Refried Beans Assorted Fruits Milk</p> <p><i>Breakfast: Mini Waffles</i></p> | <p>10/5 Pasta and Meatballs</p> <p>Marinara Sauce Garden Salad Italian Dressing Assorted Fruits Milk</p> <p><i>Breakfast: Egg and Cheese</i></p> |
| <p>10/8</p>  | <p>10/9</p>  | <p>10/10 Brunch for Lunch</p> <p>French Toast Sticks Egg Patty Tater Tots & Grape Tomatoes Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p> | <p>10/11 Toasted Cheese Sandwich</p> <p>Vegetarian Baked Beans Sweet Potato Fries Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p> | <p>10/12 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>10/15 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>10/16 Sloppy, Sloppy Joe</p> <p>Served on a WG Roll Oven Baked Fries Zesty Green Bean Salad Assorted Fruits Milk</p> <p><i>Breakfast: Mini Pancakes</i></p> | <p>10/17 Pasta and Meatballs <i>It's National Pasta Day!</i></p> <p>Marinara Sauce Garden Salad Italian Dressing Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p> | <p>10/18 BBQ Chicken</p> <p>Season Brown Rice Steamed Broccoli Golden Carrots Assorted Fruits Milk</p> <p><i>Breakfast: Mini Waffles</i></p> | <p>10/19 Turkey & Cheese Grinder</p> <p>Lettuce & Tomato Baked Potato Chips Assorted Fruits Milk</p> <p><i>Breakfast: Egg and Cheese</i></p> |
| <p>10/22 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>10/23 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>10/24 Chicken Tenders</p> <p>Seasoned Brown Rice Steamed Broccoli Golden Carrots Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p> | <p>10/25 Cheese Quesadilla</p> <p>Zesty Tomato Salsa Sweet Steamed Corn Refried Beans Assorted Fruits Milk</p> <p><i>Breakfast: Mini Waffles</i></p> | <p>10/26 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>10/29 Pizza Crunchers</p> <p>Marinara Crunchy Baby Carrots Garden Salad w/ Ranch Assorted Fruits Milk</p> <p><i>Breakfast: Breakfast Pastry</i></p> | <p>10/30 Chicken Soft Taco</p> <p>Tomato Salsa Shredded Lettuce & Tomato Refried Beans Assorted Fruits Milk</p> <p><i>Breakfast: Mini Pancakes</i></p> | <p>10/31 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> | | |

*Menu subject to change without notice.

FOOD NEWS!

- ❖ October 15-19, 2018 is National School Lunch Week! President John F. Kennedy created National School Lunch Week (NSLW) in 1962. During this annual weeklong celebration, SNA members and students around the country celebrate in their cafeterias with decorations, special menus, events, and more.
- ❖ The 2018 NSLW theme is "School Lunch: Lots 2 Love". The National School Lunch Program serves more than 30 million children every school day—that is something to love! The theme, "Lots 2 Love," encourages students and school nutrition professionals across the country to share what they love most about school lunch programs.
- ❖ School lunches are healthier than ever, with more fruits and vegetables, whole grains, and less fat and sodium. National School Lunch Week helps us educate parents and students about all the benefits of our lunch program, and the appealing choices we offer.



Be on the lookout for our new EASTCONN Food Services Facebook Page coming soon!



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.

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