

*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  
 APRIL 2019**

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

DO YOU LIKE OUR NEW FORMAT?

|  |   |   |  |  |
|--|---|---|--|--|
| 4/1  | 4/2   | 4/3   | 4/4  | 4/5  |
| <p><b>Cheesy Pizza Slice</b></p> <p>Crispy Celery Sticks<br/>                     Crunchy Baby Carrots<br/>                     Ranch Dipping Sauce<br/>                     Assorted Fruits<br/>                     Milk</p>                           | <p><b>Brunch for Lunch</b></p> <p>French Toast Sticks<br/>                     Egg Patty and or Sausage<br/>                     Tater Tots &amp; Grape Tomatoes<br/>                     Assorted Fruits<br/>                     Milk</p>   | <p><b>Chicken Tenders</b></p> <p>Seasoned Brown Rice<br/>                     Steamed Broccoli<br/>                     Golden Carrots<br/>                     Assorted Fruits<br/>                     Milk</p>           | <p><b>Cheese Quesadilla</b></p> <p>Zesty Tomato Salsa<br/>                     Sweet Steamed Corn<br/>                     Refried Beans<br/>                     Assorted Fruits<br/>                     Milk</p>                  | <p><b>Fish and Chips</b></p> <p>Oven Baked Potato Wedges<br/>                     Creamy Coleslaw<br/>                     Tartar Sauce and a Roll<br/>                     Assorted Fruits<br/>                     Milk</p>  |
| <i>Breakfast: Breakfast Pastry</i>   | <i>Breakfast: Mini Pancakes</i>   | <i>Breakfast: Breakfast Pastry</i>  | <i>Breakfast: Mini Waffles</i>   | <i>Breakfast: Egg and Cheese</i>   |
| 4/8  | 4/9   | 4/10  | 4/11   | 4/12   |
| <p><b>Pizza Crunchers</b></p> <p>Marinara<br/>                     Crunchy Baby Carrots<br/>                     Garden Salad w/ Ranch<br/>                     Assorted Fruits<br/>                     Milk</p>  | <p><b>Chicken Soft Taco</b></p> <p>Tomato Salsa<br/>                     Shredded Lettuce &amp; Tomato<br/>                     Refried Beans<br/>                     Assorted Fruits<br/>                     Milk</p>  | <p><b>BBQ Beef</b></p> <p>Served on WG Roll<br/>                     Creamy Coleslaw<br/>                     Oven Baked Potato Wedge<br/>                     Assorted Fruits<br/>                     Milk</p>            | <p><b>Cheesy Mac n' Cheese</b></p> <p>Garlic Bread Stick<br/>                     Steamed Broccoli<br/>                     Golden Carrots<br/>                     Assorted Fruits<br/>                     Milk</p>                | <p><b>Toasted Cheese Sandwich</b><br/> <i>NTL Grilled Cheese Day!</i><br/>                     Vegetarian Baked Beans<br/>                     Sweet Potato Fries<br/>                     Assorted Fruits<br/>                     Milk</p>                                 |
| <i>Breakfast: Breakfast Pastry</i>   | <i>Breakfast: Mini Pancakes</i>   | <i>Breakfast: Breakfast Pastry</i>  | <i>Breakfast: Mini Waffles</i>   | <i>Breakfast: Egg and Cheese</i>   |
| 4/15   | 4/16  | 4/17  | 4/18   | 4/19   |
|    |   |   |  |  |
| 4/22   | 4/23  | 4/24  | 4/25   | 4/26   |
| <p><b>French Bread Pizza</b><br/> <i>Celebrate Earth Day</i></p> <p>Broccoli Trees<br/>                     Crunchy Baby Carrots<br/>                     Ranch Dipping Sauce<br/>                     Assorted Fruits<br/>                     Milk</p> | <p><b>Beef and Cheese Nachos</b></p> <p>Zesty Tomato Salsa<br/>                     Sweet Steamed Corn<br/>                     Refried Beans<br/>                     Assorted Fruits<br/>                     Milk</p>  | <p><b>Mini Corn Dogs</b><br/> <i>Happy Pigs in a Blanket Day!</i></p> <p>Oven Baked Potato Wedge<br/>                     Vegetarian Baked Beans<br/>                     Assorted Fruits<br/>                     Milk</p> | <p><b>Zesty Orange Chicken</b></p> <p>Seasoned Brown Rice<br/>                     Steamed Broccoli &amp; Carrots<br/>                     Fortune Cookie<br/>                     Assorted Fruits<br/>                     Milk</p> | <p><b>Cheese Burger Deluxe</b><br/> <i>National Pretzel Day!</i></p> <p>Served on a Pretzel Bun<br/>                     Lettuce, Tomato &amp; Pickle<br/>                     Sweet Potato Fries<br/>                     Assorted Fruits<br/>                     Milk</p> |
| <i>Breakfast: Breakfast Pastry</i>   | <i>Breakfast: Mini Pancakes</i>   | <i>Breakfast: Breakfast Pastry</i>  | <i>Breakfast: Mini Waffles</i>   | <i>Breakfast: Egg and Cheese</i>   |
| 4/29   | 4/30  |   |  |  |
| <p><b>Cheesy Pizza Slice</b></p> <p>Baby Carrots<br/>                     Garden Salad and Ranch<br/>                     Assorted Fruits<br/>                     Milk</p>  | <p><b>Brunch for Lunch</b><br/> <i>National Oatmeal Cookie Day!</i><br/>                     French Toast Sticks<br/>                     Egg Patty and or Sausage<br/>                     Tater Tots &amp; Grape Tomatoes<br/>                     Assorted Fruits<br/>                     Milk &amp; a Cookie</p> |   |  |  |
| <i>Breakfast: Breakfast Pastry</i>   | <i>Breakfast: Mini Pancakes</i>   |   |  |  |

\*Menu subject to change without notice.

# FOOD NEWS!

- ❖ World Health Day is a global health awareness day celebrated every year on April 7<sup>th</sup>, under the sponsorship of the World Health Organization, as well as other related organizations. In 1948, the WHO held the First World Health Assembly.
- ❖ Celebrate Earth Day on April 22<sup>nd</sup>! The biggest lesson from the first Earth Day: When we come together, the impact can be monumental. Go green by making small changes that add up to making a big difference. Commit to earth-friendly acts, make more sustainable choices, reduce your carbon footprint, conserve energy and resources, collaborate on environmental projects in your community and share your acts of green to help educate and inspire others to join the movement! Start protecting the environment today and help create a healthy, more sustainable future.



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



**This Is An Equal Opportunity Institution**

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