

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
MAY 2019**

FRESH FRUITS AND VEGGIES
SERVED EVERY DAY!
BE SURE TO CHECK OUT OUR
RAINBOW TRAY!!

| | | | | |
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| | | <p style="text-align: right;">5/1</p> <p>Toasted Cheese Sandwich</p> <p>Vegetarian Baked Beans Sweet Potato Fries Assorted Fruits Milk</p> <p><i>Alt: Cheese Filled Bread Sticks Breakfast: Breakfast Pastry</i></p> | <p style="text-align: right;">5/2</p> <p>Beef and Cheese Crunchy Tacos</p> <p>Tomato Salsa Seasoned Rice & Golden Assorted Fruits Milk</p> <p><i>Alt: Cheese Filled Bread Sticks Breakfast: Mini Waffles</i></p> | <p style="text-align: right;">5/3</p> <p>Pasta and Meatballs Lunch Hero Day!!</p> <p>Served with Marinara Garden Salad Italian Dressing Assorted Fruits Milk</p> <p><i>Alt: Cheese Filled Bread Sticks Breakfast: Egg and Cheese</i></p> |
| <p style="text-align: right;">5/6</p> <p>Pizza Day!!</p> <p>Crunchy Baby Carrots Garden Salad w/ Ranch Dressing Assorted Fruits Milk</p> <p><i>Alt: Chicken Patty Breakfast: Breakfast Pastry</i></p> | <p style="text-align: right;">5/7</p> <p>Hearty Beef & Bean Chili <i>Teacher Appreciation Day!!</i></p> <p>Topped with Cheese Served with Tortilla Chips Sweet Steamed Corn Assorted Fruits Milk</p> <p><i>Alt: Chicken Patty Breakfast: Mini Pancakes</i></p> | <p style="text-align: right;">5/8</p> <p>Pop Corn Chicken & Mac n' Cheese</p> <p>Steamed Broccoli Steam Carrots Assorted Fruits Milk</p> <p><i>Alt: Chicken Patty Breakfast: Breakfast Pastry</i></p> | <p style="text-align: right;">5/9</p> <p>BBQ Chicken</p> <p>Season Brown Rice Baked Beans Steamed 4 Way Veggies Assorted Fruits Milk</p> <p><i>Alt: Chicken Patty Breakfast: Mini Waffles</i></p> | <p style="text-align: right;">5/10</p> <p>Turkey & Cheese Grinder</p> <p>Lettuce & Tomato Baked Potato Chips Assorted Fruits Milk</p> <p><i>Alt: Chicken Patty Breakfast: Egg and Cheese</i></p> |
| <p style="text-align: right;">5/13</p> <p>Pizza Day!!</p> <p>Crispy Celery Sticks Crunchy Baby Carrots Ranch Dipping Sauce Assorted Fruits Milk</p> <p><i>Alt: Cheeseburger Breakfast: Breakfast Pastry</i></p> | <p style="text-align: right;">5/14</p> <p>Brunch for Lunch</p> <p>French Toast Sticks Egg Patty or Sausage Tater Tots & Grape Tomatoes Assorted Fruits Milk</p> <p><i>Alt: Cheeseburger Breakfast: Mini Pancakes</i></p> | <p style="text-align: right;">5/15</p> <p>Chicken Tenders Choc Chip Cookie Day!!</p> <p>Seasoned Brown Rice Steamed Broccoli Golden Carrots Assorted Fruits Choc Chip Cookie & Milk</p> <p><i>Alt: Cheeseburger Breakfast: Breakfast Pastry</i></p> | <p style="text-align: right;">5/16</p> <p>Cheese Quesadilla</p> <p>Zesty Tomato Salsa Sweet Steamed Corn Refried Beans Assorted Fruits Milk</p> <p><i>Alt: Cheeseburger Breakfast: Mini Waffles</i></p> | <p style="text-align: right;">5/17</p> <p style="text-align: center;"></p> <p><i>Alt: Cheeseburger Breakfast: Egg and Cheese</i></p> |
| <p style="text-align: right;">5/20</p> <p>Pizza Day!!</p> <p>Crunchy Baby Carrots Garden Salad w/ Ranch Assorted Fruits Milk</p> <p><i>Alt: Popcorn Chicken Boat Breakfast: Breakfast Pastry</i></p> | <p style="text-align: right;">5/21</p> <p>Chicken Soft Taco</p> <p>Tomato Salsa Shredded Lettuce & Tomato Refried Beans Assorted Fruits Milk</p> <p><i>Alt: Popcorn Chicken Boat Breakfast: Mini Pancakes</i></p> | <p style="text-align: right;">5/22</p> <p>Mini Corn Dogs Ntl Vanilla Pudding Day!!!</p> <p>Oven Baked Potato Wedge Baked Beans Assorted Fruits Vanilla Pudding & Milk</p> <p><i>Alt: Popcorn Chicken Boat Breakfast: Breakfast Pastry</i></p> | <p style="text-align: right;">5/23</p> <p>Crispy Chicken Patty</p> <p>Served on WG Roll Sweet Potato Fries Steamed Broccoli Assorted Fruits Milk</p> <p><i>Alt: Popcorn Chicken Boat Breakfast: Mini Waffles</i></p> | <p style="text-align: right;">5/24</p> <p style="text-align: center;"></p> <p><i>Alt: Popcorn Chicken Boat Breakfast: Egg and Cheese</i></p> |
| <p style="text-align: right;">5/27</p> <div style="text-align: center;">  <p>www.shutterstock.com - 418430059</p> </div> | <p style="text-align: right;">5/28</p> <p>Cheese Burger</p> <p>Served on a WG Roll Oven Baked Fries Zesty Green Bean Salad Assorted Fruits Milk</p> <p><i>Alt: Cheese Filled Breadsticks Breakfast: Mini Pancakes</i></p> | <p style="text-align: right;">5/29</p> <p>Brunch for Lunch</p> <p>French Toast Sticks Egg Patty or Sausage Tots & Grape Tomatoes Assorted Fruits Milk</p> <p><i>Alt: Cheese Filled Breadsticks Breakfast: Breakfast Pastry</i></p> | <p style="text-align: right;">5/30</p> <p>Zesty Orange Chicken</p> <p>Seasoned Brown Rice Steamed Broccoli & Carrots Fortune Cookie Assorted Fruits Milk</p> <p><i>Alt: Cheese Filled Breadsticks Breakfast: Mini Waffles</i></p> | <p style="text-align: right;">5/31</p> <p style="text-align: center;"></p> <p><i>Alt: Cheese Filled Breadsticks Breakfast: Egg and Cheese</i></p> |

*Menu subject to change without notice.

FOOD NEWS!

- ❖ On Friday, May 3, 2019, we will celebrate the 7th Annual School Lunch Hero Day! School Lunch Hero Day is a chance to showcase the difference school nutrition professionals make for every child who comes through the cafeteria. 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.
- ❖ National Teacher Day will take place on May 7th. The National Education Association describes National Teacher Day "as a day for honoring teachers and recognizing the lasting contributions they make to our lives." Teachers play a critical role in educating and shaping our children: the future leaders of our country. We entrust our children with the teachers, and they affect their lives on a daily basis.



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!

Lunch



A meal is considered complete is 3 out of 5 food groups are present on the tray, including a serving of fruit.

Alternate lunches are available daily by request only and include all food group components:

- 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 choices include: Fat Free or 1% Regular Milk and fat-free chocolate milk



This Is An Equal Opportunity Institution

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