



October Menu

All lunches are served with fruit, milk, and a dessert.

THIS YEAR: Breakfast and lunch are available to ALL students for FREE

Monday	Tuesday	Wednesday	Thursday	Friday
10/1 French Bread Pizza with cucumber wheels, baby carrots and ranch dressing dipping sauce <i>Breakfast: breakfast pastry</i>	10/2 Zesty Orange Chicken served with steamed broccoli, carrots and a fortune cookie <i>Breakfast: mini pancakes</i>	10/3 Mini Corn Dogs served with oven baked potatoes wedges and three bean salad <i>Breakfast: breakfast pastry</i>	10/4 Beef and Cheese Tacos with zesty tomato salad, sweet steamed corn and refried beans <i>Breakfast: mini waffles</i>	10/5 <i>Breakfast: egg & cheese</i>
10/8 ACT Closed Columbus Day	10/9 ACT Closed Professional Development	10/10 1:15 Dismissal PSAT/SAT Testing <i>Breakfast: breakfast pastry</i>	10/11 Toasted Cheese Sandwich with vegetarian baked beans and sweet potato fries <i>Breakfast: breakfast pastry</i>	10/12 <i>Breakfast: egg & cheese</i>
10/15 Fried Dough with Sauce served with baby carrots and a garden salad w/ ranch dressing <i>Breakfast: breakfast pastry</i>	10/16 Sloppy Joe served on a WG roll with oven baked fries and zesty green bean salad <i>Breakfast: mini pancakes</i>	10/17 Pasta and Meatballs with marinara sauce, garden salad and Italian dressing <i>Breakfast: breakfast pastry</i>	10/18 BBQ Chicken served with seasoned brown rice, steamed broccoli and golden carrots <i>Breakfast: mini waffles</i>	10/19 <i>Breakfast: egg & cheese</i>
10/22 Cheese Pizza Slice served crispy celery sticks and crunchy baby carrots w/ ranch dipping sauce <i>Breakfast: breakfast pastry</i>	10/23 Brunch For Lunch French toast sticks, egg pastry, tater tots & grape tomatoes <i>Breakfast: mini pancakes</i>	10/24 Chicken Tenders served with seasoned brown rice, steamed broccoli and golden carrots <i>Breakfast: breakfast pastry</i>	10/25 Cheese Quesadilla served with zesty tomato salad, sweet steamed corn and refried beans <i>Breakfast: Breakfast Roll</i>	10/26 <i>Breakfast: egg & cheese</i>
10/29 Pizza Crunchers served with marinara, baby carrots and a garden salad w/ ranch dressing <i>Breakfast: breakfast pastry</i>	10/30 Chicken Soft Taco tomato salsa, shredded lettuce, tomato and refried beans <i>Breakfast: mini pancakes</i>	10/31 BBQ Beef served on a WG roll with three bean salad and oven roasted potato wedges <i>Breakfast: breakfast pastry</i>		

Take part in the lunch pre-payment program by going to www.myschoolbucks.com or make checks payable to EASTCONN.
Please enclose child's name, grade and number of lunches.

A complete breakfast includes; Whole Grain based Entrée, Milk, Fruit and or 100% Fruit Juice
Reduced Sugar, Whole Grain Cereals will be offered in addition to the daily offering.

Build a Healthy Lunch! For BEST Nutrition Choose All 5!!
Protein - Whole Grains - Fruit - Vegetables - Milk

*Menu subject to change without notice.