



Aug./Sept. 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
		8/25 Mini Corn Dogs served with oven baked potatoes wedges and three bean salad <i>Breakfast: breakfast pastry</i>	8/26 Zesty Orange Chicken served with steamed broccoli, carrots and a fortune cookie <i>Breakfast: mini waffles</i>	8/31 <i>Breakfast: egg & cheese</i>
9/3 ACT Closed Labor Day	9/4 Brunch For Lunch French toast sticks, egg pastry, tater tots & grape tomatoes <i>Breakfast: mini pancakes</i>	9/5 Cheese Pizza Slice for National Cheese Pizza Day served with three bean salad and baby carrots <i>Breakfast: breakfast pastry</i>	9/6 Toasted Cheese Sandwich with vegetarian baked beans and sweet potato fries <i>Breakfast: mini waffles</i>	9/7 <i>Breakfast: egg & cheese</i>
9/10 Fried Dough with Sauce served with baby carrots and a garden salad w/ ranch dressing <i>Breakfast: breakfast pastry</i>	9/11 Hearty Mexican Mac n' Cheese served with tortilla chips, salad and sweet steamed corn <i>Breakfast: mini pancakes</i>	9/12 Sloppy Joe served on a WG roll with oven baked fries and zesty green bean salad <i>Breakfast: breakfast pastry</i>	9/13 BBQ Chicken served with seasoned brown rice, steamed broccoli and golden carrots <i>Breakfast: Breakfast Roll</i>	9/14 <i>Breakfast: egg & cheese</i>
9/17 Cheese Pizza Slice served crispy celery sticks and crunchy baby carrots w/ ranch dipping sauce <i>Breakfast: breakfast pastry</i>	9/18 Brunch For Lunch French toast sticks, egg pastry, tater tots & grape tomatoes <i>Breakfast: mini pancakes</i>	9/19 Chicken Tenders served with seasoned brown rice, steamed broccoli and golden carrots <i>Breakfast: breakfast pastry</i>	9/20 Cheese Quesadilla served with zesty tomato salad, sweet steamed corn and refried beans <i>Breakfast: Breakfast Roll</i>	9/21 <i>Breakfast: egg & cheese</i>
9/24 Early Dismissal Professional Development	9/25 Chicken Soft Taco tomato salsa, shredded lettuce, tomato and refried beans <i>Breakfast: mini pancakes</i>	9/26 BBQ Beef served on a WG roll with three bean salad and oven roasted potato wedges <i>Breakfast: breakfast pastry</i>	9/27 Cheesy Mac n' Cheese served with a garlic breadstick, steamed broccoli and golden carrots <i>Breakfast: Breakfast Roll</i>	9/28 <i>Breakfast: egg & cheese</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.