

BREAKFAST AND LUNCH ARE  
AVAILABLE TO ALL STUDENTS FOR  
**FREE!**

Staff/Visitor Lunches: \$4.00

**EASTCONN**  
Breakfast & Lunch Menu  
**AUG/SEPT 2020**

FRESH FRUITS AND VEGGIES  
SERVED EVERY DAY!

<p>9/7</p> 	<p>9/8</p> <p><b>Mozzarella Sticks</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Cinnamon Roll</p>	<p>9/9</p> <p><b>Turkey Sandwich</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Apple Roll</p>	<p>9/10</p> <p><b>Cheeseburger</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Choc. Chip Muffin</p>	<p>9/11</p> <p><b>Meatball Grinder</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Cereal</p>
<p>9/14</p> <p><b>Pizza Crunchers</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Cereal</p>	<p>9/15</p> <p><b>Turkey Hotdog</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Choc. Chip Muffin</p>	<p>9/16</p> <p><b>Turkey Sandwich</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Apple Roll</p>	<p>9/17</p> <p><b>Grilled Cheese</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Cinnamon Roll</p>	<p>9/18</p> <p><b>Chicken Patty</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Cereal</p>
<p>9/21</p> <p><b>Cheeseburger</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Cereal</p>	<p>9/22</p> <p><b>Meatball Grinder</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Cinnamon Roll</p>	<p>9/23</p> <p><b>Turkey Sandwich</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Apple Roll</p>	<p>9/24</p> <p><b>Mozzarella Sticks</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Choc. Chip Muffin</p>	<p>9/25</p> <p><b>Chicken Tenders</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Cereal</p>
<p>9/28</p> <p><b>Grilled Cheese</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Cereal</p>	<p>9/29</p> <p><b>Chicken Patty</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Choc. Chip Muffin</p>	<p>9/30</p> <p><b>Turkey Sandwich</b> Fresh Fruit &amp; Veggies Milk <i>Alt. Sunbutter &amp; Jelly</i></p> <p>Breakfast: Apple Roll</p>		

\*Menu subject to change without notice.

Welcome!

...to the 2020-2021 school year! We hope you all had a great summer!

- ❖ Please note during this time we will only have one breakfast option and one alternate lunch option. Also during this time there will be no snacks offered for purchase.
- ❖ All meals will be packaged individually in to-go style containers to keep your students safe and healthy.
- ❖ If you choose to send your child in with a home lunch, we are encouraging parents to do so in a non-fabric lunch box (preferably disposable) to ensure these items can be properly sanitized.

## Breakfast

A complete breakfast includes; Whole Grain based Entrée, Milk, Fruit and/or 100% Fruit Juice.



All meals will be packaged individually in to-go style packaging keeping your students'

safety our number one priority.



## Lunch

*If you choose to send in a home lunch, we are encouraging parents to do so in a non-fabric lunch box (preferably disposable) to ensure these items can be properly sanitized.*



**Lunch choices include:** 1% Regular Milk and fat-free chocolate milk

**What does a complete hot lunch include?**

Grain, meat/meat alternate, vegetable, fruit & milk



*This is an equal opportunity institution.*

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