






## February 2023 Lunch Menu

**BREAKFAST IS AVAILABLE AND FREE OF CHARGE AT ALL SCHOOLS - COME JOIN US FOR THE MOST IMPORTANT MEAL OF THE DAY**

Monday	Tuesday	Wednesday	Thursday	Friday
		School Lunch is <b>FREE</b> of charge for students qualifying for Free and/or Reduced Priced meals. Any second meals or a la carte items will be charged to the students account.	2/1 Hamburger or Cheeseburger Lettuce & Tomato Oven fried Potatoes Chilled Fruit Cup	2/2 Sausage, Egg & Cheese Croissant or Egg & Cheese Croissant Hash Brown Potatoes Vegetable Sticks Chilled Fruit Cup
2/5 Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	2/6 Beef & Bean Nachos Salsa & Sour Cream Roasted Corn Chilled Fruit Cup	2/7 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Tossed Salad w/ Croutons Chilled Fruit Cup	2/8 Crispy Chicken Pattie Sandwich Lettuce & Tomato Potatoes Wedges Chilled Fruit Cup	2/9 Fluffy Pancakes Fruit Topping Sausage Links Chilled Fruit Cup
2/12 Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	2/13 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Tossed Salad w/ Croutons Chilled Fruit Cup	2/14 <b>Early Dismissal All Schools</b> French Toast Sticks Fruit Topping Sausage Links Chilled Fruit Cup	2/15 Hamburger or Cheeseburger Lettuce & Tomato Oven fried Potatoes Chilled Fruit Cup	2/16 Toasted Cheese Sandwich or Toasted Ham & Cheese Sandwich Tomato Soup Baby Carrots Chilled Fruit Cup
2/19 <b><u>President's Day</u></b> <b><u>School Closed</u></b>	2/20 <b><u>February Break</u></b> <b><u>School Closed</u></b>	2/21 Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	2/22 Crispy Chicken Pattie Sandwich Lettuce & Tomato Potatoes Wedges Chilled Fruit Cup	2/23 Chicken Quesadilla Black Bean Rice Salsa & Sour Cream Chilled Fruit Cup
2/26 Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	2/27 BBQ Chicken Breast Sandwich Coleslaw Sweet Potato Fries Chilled Fruit Cup	2/28 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Tossed Salad w/ Croutons Chilled Fruit Cup	2/29 Hamburger or Cheeseburger Lettuce & Tomato Oven fried Potatoes Chilled Fruit Cup	

**School breakfast is offered free of charge for all students at Chester, Deep River and Essex Elementary Schools and Region 4 Schools**

**Lunch is free of charge to students qualifying for reduced priced meals or free meals which is determined through Direct Certification or Application process**

**Meal Prices**

**Middle School \$ 3.25**

**High School \$3.50**

**Milk \$0.50 each**

**Adult Meal Price \$ 4.50**

Fat-Free Chocolate & 1% Low-Fat available daily with meals or \$0.50 a la carte.

Our menus follow dietary guidelines for reduced fat, salt and sugar while increasing whole grains, fruits and vegetables.

As part of a balanced meal, Fruit or Fruit Juice and Fat Free or Low-Fat Milk are offered daily. All Bread items are Whole Grain based.

Menu Subject to change without advance notice. Sandwich and or Salad choice available.

For suggestions and questions about School Lunch Program please call 860-526-9546 ext. 1420