

### Nutritional Component Key

Milk 1serving-8oz daily(low fat/1%or less-fat-free flavored)

Fruit fresh or cup 1serving- ½ cup daily

Vegetable cup 1serving - ½ cup to ¾ cup daily (dark green, red/orange, beans, starchy sub groups once per week)

Whole Grains (1 ounce equivalents) 2oz serving min. per day

Meat/Meat Alternates (1 ounce equivalents) 2oz serving min. per day

Zero trans fats \*\*\* LACTAID MILK IS THE ONLY SUBSTITUTION FOR REGULAR MILK UNDER USDA/STATE OF CT GUIDELINE

### Lunch Prices

First- hot lunch w/milk included \$3.25

Second Lunch \$3.25

Just Milk \$.50

First - Breakfast free

Second Breakfast \$1.75



## February 2024 SALEM PUBLIC SCHOOL

### First Breakfast Grab and GO Free

Whole Grain Meals, Fresh Fruit, 100% Juices, and Milk

### Weekly rotating alternative meals

## Check out the Fresh Local Veggie and Fruit Bar Daily

**MENU IS SUBJECT TO CHANGE AT ANYTIME**

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
|   |   |  | 1<br><br>Combo Meal<br>Mozzarella Sticks, Chicken Tenders,<br>Dinner Roll<br>Vegetables/Fruit, Milk<br><br>Alt: Hummus Meal   | 2<br><br>Pepperoni or cheese pizza<br>On whole grain crust<br>Garden salad cups/fruit<br>Milk<br><br>Alt: Hummus Meal   |
| 5<br><br>Chicken Nuggets<br>Mashed Potato<br>Carrots<br>Vegetables/Fruit, Milk<br><br>Alt: Nacho Meal             | 6<br><br>Hamburger/Cheeseburger<br>Fries<br>Vegetables/Fruit, Milk<br><br>Alt: Nacho Meal             | 7<br><br><i>Brunch For Lunch</i><br>Pancakes<br>Bacon<br>Hashbrowns<br>Vegetables/Fruit, Milk<br><br>Alt: Nacho Meal             | 8<br><br>Chicken Patty<br>Mixed Vegetable<br>Vegetables/Fruit, Milk<br><br>Alt: Nacho Meal                                    | 9<br><br>Pepperoni or cheese pizza<br>On whole grain crust<br>Garden salad cups/fruit<br>Milk<br><br><b>Superbowl Football Theme<br/>with special dessert and<br/>giveaways</b> |
| 12<br><br>Hot Dog on Whole Wheat Roll<br>Pasta Salad<br>Vegetables/Fruit, Milk<br><br>Alt: Ham or Turkey Sandwich | 13<br><br>BBQ Rib Sandwich<br>Lays Chips<br>Vegetables/Fruit, Milk<br><br>Alt: Ham or Turkey Sandwich | 14<br><br>Asian Cuisine<br>Orange Chicken, Brown Rice,<br>Dumplings<br>Vegetables/Fruit, Milk<br><br>Alt: Ham or Turkey Sandwich | 15<br><br>Nacho Meal<br>Nacho Chips, Taco Beef, Cheese,<br>Salsa<br>Vegetables/Fruit, Milk<br><br>Alt: Ham or Turkey Sandwich | 16<br><br>Pepperoni or Cheese Pizza<br>On Whole Grain Crust<br>Garden Salad Cups/Fruit<br>Milk<br><br>Alt: Ham or Turkey Sandwich   |

|    |   |    |  |    |  |    |  |    |   |
|----|---|----|--|----|--|----|--|----|---|
| 19 | School Holiday  | 20 | School Holiday   | 21 | Brunch for Lunch<br>Waffles<br>Sausage<br>Potato Wedges<br>Vegetables/Fruit, Milk<br><br>Alt: Yogurt Muffin Meal       | 22 | Chicken Alfredo Pasta<br>Dinner Roll<br>Vegetable/Fruit, Milk<br><br>Alt: Yogurt Muffin Meal | 23 | Pepperoni or Cheese Pizza<br>On Whole Grain Crust<br>Garden Salad Cups/Fruit<br>Milk<br><br>Alt: Yogurt Muffin Meal |
| 26 | Grilled Cheese<br>Tomato Soup<br>Vegetables/Fruit, Milk<br><br>Alt: Lunchable | 27 | Pasta with Meatballs<br>Breadstick<br>Vegetables/Fruit, Milk<br><br>Alt: Lunchable | 28 | Tacos with Hard Shell<br>Chicken, Cheese, Salsa, Olives,<br>Sour Cream<br>Vegetables/Fruit, Milk<br><br>Alt: Lunchable | 29 | Steak and Cheese Sandwich<br>Fries<br>Vegetable/Fruit, Milk<br><br>Alt: Lunchable            |    |   |

As a reminder, Salem Public Schools has returned to regular priced lunch meals for the 2023-2024 school year. Please See the Price Key above. If you would like to apply for USDA Free/Reduced Benefit Meals, please go to the district website and download an application. Applications are also available in the main office of each school. If you have already received a letter for Free/Reduced benefits from the district this school year no new application is required.

**Charging of a Meal:**

Salem Public Schools will allow a child without a meal from home to charge a meal without funds but will exclude allowing ala carte items or more than one lunch during the same lunch service period. **Parents/Guardians are responsible for unpaid charges.** If a student's unpaid meal charges equal or exceed the cost of 30 meals, the Local Educational Agency must also refer the parent or guardian to the LEA's designated local McKinney-Vento Act Homeless Education Liaison as required by C.G.S. Section 10215(b).

**Please also email me with any questions at [Christian.Urban@elpsk12.org](mailto:Christian.Urban@elpsk12.org)**

*This institution is an equal opportunity provider.*