Nutritional Component Key

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

Fruit fresh or cup 1serving- 1/2 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

Just Milk \$.50 First - Breakfast free

First- hot lunch w/milk included \$3.25 Second Lunch \$3.25 Second Breakfast \$1.75

Lunch Prices



March 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





18 '2 Day (Parent Teacher Conferences) Chicken Patty Lays Chips Vegetables/Fruit, Milk Alt: Yogurt Muffin Meal	19 1/2 Day (Parent Teacher Conferences) Hot Dog Lays Chips Vegetables/Fruit, Milk Alt: Yogurt Muffin Meal	Chicken Wings Dinner Roll Celery/Carrots Vegetables/Fruit, Milk Alt: Yogurt Muffin Meal	French Toast, Sausage, Hashbrown Vegetable/Fruit, Milk Alt: Yogurt Muffin Meal	Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk Alt: Yogurt Muffin Meal
25 Chicken Nuggets, Mashed Potato, Corn Vegetables/Fruit, Milk Alt: Lunchable	26 Ham or Turkey Grinder Pasta Salad Vegetables/Fruit, Milk Alt: Lunchable	Asian Cuisine Popcorn Chicken, Brown Rice, Dumpling Vegetables/Fruit, Milk Alt: Lunchable	Corn Dog Fries Vegetable/Fruit, Milk Alt: Lunchable Opening Day Baseball, Special Giveaways and Dessert	29 No School

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

This institution is an equal opportunity provider.