

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 GUIDLELINE

Lunch Prices

First- hot lunch w/milk included \$3.25

Second Lunch \$3.25

Just Milk \$.50

First - Breakfast free

Second Breakfast \$1.75



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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pepperoni or cheese pizza On whole grain crust Garden salad cups/fruit Milk Alt: Lunchable
4 National School Breakfast Week <i>(reminder: breakfast is free for all students)</i> Nacho's Taco Beef, Cheese, Salsa, Olives Vegetables/Fruit, Milk Alt: Egg and Cheese Breakfast Sandwiches	5 Combo Meal Chicken Tenders & Mozzarella Sticks Vegetables/Fruit, Milk Alt: Egg and Cheese Breakfast Sandwiches	6 Pancakes w/ Bacon and Tater Tots Vegetables/Fruit, Milk Alt: Egg and Cheese Breakfast Sandwiches	7 Pasta with Meat Sauce Green Beans Breadstick Vegetables/Fruit, Milk Alt: Egg and Cheese Breakfast Sandwiches	8 Pepperoni or Cheese Pizza On whole grain crust Garden salad cups/fruit Milk Alt: Egg and Cheese Breakfast Sandwiches
11 Grilled Cheese with Tomato Soup Vegetables/Fruit, Milk Alt: Chicken Caesar Salad <i>National Nutrition Month Samples This Week</i>	12 Hamburger or Cheeseburger Fries Vegetables/Fruit, Milk Alt: Chicken Caesar Salad	13 Chicken Fajitas Soft Shell, Peppers, Olives, Sour Cream Vegetables/Fruit, Milk Alt: Chicken Caesar Salad	14 Chicken Tenders with Mac and Cheese Vegetables/Fruit, Milk Alt: Chicken Caesar Salad	15 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk Alt: Chicken Caesar Salad St Patrick's Day Dessert

