

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



**May 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 Chicken Nuggets Mashed Potato Carrots Vegetables/Fruit, Milk Alt: Lunchable | 2 Fish Sticks Fries Tartar Sauce Vegetables/Fruit, Milk Alt: Egg & Cheese Sandwich | 3 Pepperoni or cheese pizza On whole grain crust Garden salad cups/fruit Milk Alt: Egg & Cheese Sandwich |
| 6 Build Your Own Nacho's Taco beef, cheese, salsa, sour cream, olives Vegetables/Fruit, Milk Alt: Chicken Ceasar Salad | 7 Cheese Calzone Marinara Sauce Vegetables/Fruit, Milk Alt: Chicken Ceasar Salad | 8 BBQ Riblet or Pulled BBQ Turkey Sandwich Fries Vegetables/Fruit, Milk Alt: Chicken Ceasar Salad | 9 Pasta with Meatballs Green Beans Garlic Bread Vegetables/Fruit, Milk Alt: Chicken Ceasar Salad | 10 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk Alt: Chicken Ceasar Salad |
| 13 Popcorn Chicken with Orange Sauce Vegetable Brown Rice Dumplings Vegetables/Fruit, Milk Alt: Yogurt Muffin Meal | 14 Hamburger or Cheeseburger Fries Vegetables/Fruit, Milk Alt: Yogurt Muffin Meal | 15 Stuffed Shells in Meat Sauce Garlic Bread Vegetables/Fruit, Milk Alt: Yogurt Muffin Meal | 16 <i>National BBQ Day</i> BBQ Chicken Mac & Cheese Beans Vegetables/Fruit, Milk Alt: Yogurt Muffin Meal | 17 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk Alt: Yogurt Muffin Meal |

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| <p>20</p> <p>Brunch for Lunch French Toast Sticks Bacon Homefries Vegetables/Fruit, Milk</p> <p>Alt: Hummus Meal</p> | <p>21</p> <p>Chicken Patty Fries Vegetables/Fruit, Milk</p> <p>Alt: Hummus Meal</p> | <p>22</p> <p>Cheese or Chicken Quesadilla Salsa, Sour Cream Mixed Vegetables Vegetables/Fruit, Milk</p> <p>Alt: Hummus Meal</p> | <p>23</p> <p>Chicken Tenders Mozzarella Sticks Marinara Sauce Vegetable/Fruit, Milk</p> <p>Alt: Hummus Meal</p> | <p>24</p> <p>Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk</p> <p>Alt: Hummus Meal</p> |
| <p>27</p> <p>School Holiday</p> | <p>28</p> <p>Hot Dog on Whole Wheat Bun Fries Vegetables/Fruit, Milk</p> <p>Alt: Turkey Sandwich</p> <p><i>Featuring Special Dessert</i></p> | <p>29</p> <p>Chicken Parmesan on Pasta Broccoli Vegetables/Fruit, Milk</p> <p>Alt: Turkey Sandwich</p> | <p>30</p> <p>Hamburger or Cheeseburger Lays Chips</p> <p>Alt: Turkey Sandwich</p> | <p>31</p> <p>Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk</p> <p>Alt: Turkey Sandwich</p> |

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.