

**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



**June 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
3  Meatball Grinders Potato Wedges Vegetables/Fruit, Milk	4  Hot Dog Lays Chips Vegetables/Fruit, Milk  *K-4 Field Day	5  Chicken Bowls Popcorn chicken, Mashed Potatoes, Corn And roll Vegetables/Fruit, Milk	6  Hamburger or Cheeseburger Lays Chips Vegetables/Fruit, Milk  *4-8 Field Day	7  Pepperoni or Cheese Pizza On whole grain crust Garden salad cups/fruit Milk
10  Rib sandwiches French fries Vegetables/Fruit, Milk	11  Chicken Quesadilla Salsa, sour cream Vegetables/Fruit, Milk	12  <i>Last Day of School</i> <i>½ Day</i> Grab & Go Lunch Chicken Patty Lays Chips Vegetables/Fruit, Milk	13	

**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.*