

Dark Leafy Greens



Alternatives Daily Selections

Boar's Head Deli

Salad Bar

Daily Hot Meal Specials

LRMS LUNCH MENU January 1st-31st 2019 \$2.75

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>	<p>1</p>	<p>2</p> <p>Chicken Fajita With Peppers & Onions, Salsa & Cheddar Cheese</p> <p>Assorted Fresh Fruits and Vegetables</p>	<p>3</p> <p>WG Penne Pasta Marinara with Meatballs WG Garlic Bread Roll</p> <p>Assorted Fresh Fruits and Vegetables</p>	<p>4</p> <p>Assorted Pizza Assorted Fresh Fruits and Vegetables</p>
<p>7</p> <p>BBQ Beef Rib on WW Roll WW wide Noodles Steamed Carrots Assorted Fresh Fruits and Vegetables</p>	<p>8</p> <p>"Breakfast for Lunch" French Toast Sticks Turkey Sausage Tater Tots Assorted Fresh Fruits & Vegetables</p>	<p>9</p> <p>Chicken Tenders Crinkle Cut Fries Steamed Corn</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>10</p> <p>Hamburger or Cheeseburger Half Baked Potato Vegetarian Baked Beans Assorted Fresh Fruits & Vegetables</p>	<p>11</p> <p>Chicken Patty On WG Bun Oven Baked Fries Assorted Fresh Fruits and Vegetables</p>
<p>14</p> <p>Jumbo Cheese Ravioli with Beef Meatballs in Marinara Sauce with Garlic Bread Garden Salad Assorted Fresh Fruits & Vegetables</p>	<p>15</p> <p>Chicken & Cheese Quesadilla Brown Rice Buttered Corn Salsa & Sour Cream Assorted Fresh Fruits & Vegetables</p>	<p>16</p> <p>Beef & Cheese Enchilada Refried Beans With Steamed Broccoli Assorted Fresh Fruits & Vegetables</p>	<p>17</p> <p>Chicken Bites Buttered Noodles Fresh Mixed Vegetables WW Dinner Roll Assorted Fresh Fruits & Vegetables</p>	<p>18</p> <p>Personal Round Cheese Pizza Assorted Fresh Fruits and Vegetables</p>
<p>21 NO SCHOOL</p>	<p>22</p> <p>Hamburger or Cheeseburger Onion Rings Vegetarian Baked Beans Assorted Fresh Fruits & Vegetables</p>	<p>23</p> <p>Pizza Crunchers with Marinara Dipping Sauce Penna Pasta Assorted Fresh Fruits & Vegetables</p>	<p>24</p> <p>WG Cheesy Calzone With Marinara Sauce 3 Bean Salad Assorted Fresh Fruits and Vegetables</p>	<p>25</p> <p>Assorted Pizza Assorted Fresh Fruits and Vegetables</p>
<p>28</p> <p>Popcorn Chicken Fried Rice Fresh Steamed Vegetables Assorted Fresh Fruits & Vegetables</p>	<p>29</p> <p>Ziti Bolognese With Mozzarella & Cheddar Cheese Steamed Green Beans Tossed Salad</p>	<p>30 Single Session</p> <p>Nacho's Grande With Taco Meat, Salsa, Cheddar Cheese Steamed Buttery Corn Nibblers</p>	<p>31</p> <p>Salisbury Steak with Mashed Potatoes & Gravy Green Beans WG Dinner Roll Assorted Fresh Fruits and Vegetables</p>	<p>Green leafy vegetables are immunity boosters that help in DNA repair</p>
Fresh Fruit & Vegetable Selection (includes but not limited to)				
<p>Cucumber Coins Baby Carrots Assorted Chilled Fruit Fresh Whole Fruit</p>	<p>Carrot & Celery Sticks Fresh Broccoli Florets Assorted Chilled Fruit Fresh Whole Fruit</p>	<p>Red Bell Pepper Strips Cherry Tomatoes Assorted Chilled Fruit Fresh Whole Fruit</p>	<p>Carrot and Celery Sticks Fresh Broccoli Florets Assorted Chilled Fruit Fresh Whole Fruit</p>	<p>Colorful Tossed Salad Red Bell Pepper Strips Assorted Chilled Fruit Fresh Whole Fruit</p>

Food of the Month: Dark Leafy Greens are good sources of many vitamins (such as vitamins A, C, and K and folate) and minerals (such as iron and calcium). They're also great sources of fiber.



We provide free & reduced meals for all families that are eligible. Applications are available on the Region 16 website or call us at 203-758-6671 for details

USDA is an equal opportunity employer and provider.

<https://www.region16ct.org> [MySchoolBucks.com](https://www.myschoolbucks.com)

Middle School SELECTION INCLUDES: A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, one (1) fruit side dish, and a choice of milk. Milk choices include 1% white and skim chocolate.