

Berries



Alternatives Daily Selections

Boar's Head Deli

Salad Bar

Cold Lunch Alternatives : Yogurt, Cereal and Bagel Lunches



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Berry Mix High Vitamin</p>		<p>1</p> <p>Penne Marinara with Chicken & Beef Meatballs Garlic Bread Steamed Broccoli</p>	<p>2</p> <p>Popcorn Chicken Oven Baked Fries WG Dinner Roll</p> <p>Assorted Fresh Fruits and Vegetables</p>	<p>3</p> <p>Assorted Home Made Pizza</p> <p>Assorted Fresh Fruits and Vegetables</p>
<p>6</p> <p>Nacho's Grande With Taco Meat, Salsa Cheddar Cheese Buttered Corn</p> <p>Steamed Buttery Corn Nibbles</p>	<p>7</p> <p>Chicken Burrito WG Rice Cheddar Cheese Sour Cream Salsa Lettuce & Tomato Sweet Buttered Corn</p>	<p>8</p> <p>Mozzarella Sticks with Marinara Sauce</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>9</p> <p>Chicken Patty on WG Bun</p> <p>Oven Baked Fries Mixed Vegetables</p> <p>Assorted Fresh Fruits & Vegetable</p>	<p>10</p> <p>Crazy Cheesy Bread Garden Salad</p> <p>Assorted Fresh Fruits and Vegetables</p>
<p>13</p> <p>Breakfast for Lunch" French Toast Sticks</p> <p>Turkey Sausage</p> <p>Tater Tots</p>	<p>14</p> <p>Chicken & Cheese Quesadilla Brown Rice Buttered Corn Salsa & Sour Cream</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>15</p> <p>Home Made Cheese Calzone with Marinara Dipping Sauce With Steamed Broccoli</p>	<p>16</p> <p>Chicken Nuggets Buttered Noodles Fresh Mixed Vegetables WW Dinner Roll</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>17</p> <p>Assorted Home Made Pizza</p> <p>Assorted Fresh Fruits and Vegetables</p>
<p>20</p> <p>Jumbo Cheese Ravioli in Marinara Sauce with Garlic Bread</p> <p>Garden Salad Assorted Fresh Fruits & Vegetables</p>	<p>21</p> <p>Hamburger, Cheeseburger or Black Bean Burger</p> <p>Onion Rings Baked Beans</p> <p>Assorted Fresh Fruits & Vegetable</p>	<p>22</p> <p>Pizza Crunchers with Marinara Dipping Sauce Penne Pasta Steamed Carrots</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>23</p> <p>Foot long Hot Dog Oven Baked Fries Baked Beans</p> <p>Assorted Fresh Fruits and Vegetables</p>	<p>24</p> <p>Assorted Home Made Pizza</p> <p>Assorted Fresh Fruits and Vegetables</p>
<p>27</p> <p>CLOSED</p>	<p>28</p> <p>Orange Chicken Fried Rice Fresh Steamed Vegetables</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>29</p> <p>Nacho's Grande With Taco Meat, Salsa, Cheddar Cheese Buttered Corn</p> <p>Steamed Buttery Corn Nibbles</p>	<p>30</p> <p>Crazy Cheesy Bread Garden Salad</p> <p>Assorted Fresh Fruits & Vegetables</p>	<p>31</p> <p>Assorted Home Made Pizza</p> <p>Assorted Fresh Fruits & Vegetables</p>
Fresh Fruit & Vegetable Selection (includes but not limited to)				
<p>Cucumber Coins Baby Carrots Assorted Chilled Fruit Fresh Whole Fruit</p>	<p>Carrot and Celery Sticks Assorted Chilled Fruit Fresh Whole Fruit</p>	<p>Red Bell Pepper Strips Cherry Tomatoes Chilled Peaches Fresh Whole Fruit</p>	<p>Carrot and Celery Sticks Fresh Broccoli Florets Fresh Whole Fruit</p>	<p>Colorful Tossed Salad Red Bell Pepper Strips Chilled Fruit Cocktail Fresh Whole Fruit</p>

Food of the Month: Berries

contain antioxidants, which work to neutralize free radicals linked to the development of cancer, cardiovascular disease, and other age-related conditions.

USDA is an equal opportunity employer and provider.



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

<https://www.region16ct.org> 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.