



Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day No School	6 Welcome Back!	7	8	9
	French Toast Sticks Sweet Potato Puffs Sausage Links Blueberries	Spicy Buffalo Chicken Strips or Chicken Parmesan Sandwich Strawberry Spinach Salad WG Dinner Roll Fresh Fruit	Sloppy Joe on WG Roll or BBQ Pork Sandwich Steamed Green Beans Vegetable Cups with Hummus Fresh Fruit	Bosco Sticks & Marinara Sauce or Chicken Tenders Caesar Salad Vegetable Cups with Hummus Fresh Fruit
12	13	14	15	16
Baked Macaroni & Cheese Or Cheese Quesadilla Garden Salad WG Dinner Roll Fresh Fruit	Burritos Beef or Vegetarian Cheeseburger Corn & Tomato Salad Vegetable Cups with Hummus	General Tao's Chicken Popcorn Chicken Bites Steamed Brown Rice Broccoli Florets Fresh Fruit	Chicken or Cheese Nachos Grilled Ham & Cheese Vegetable Cups with Hummus Fresh Fruit	Chicken Tenders & Mozzarella Sticks Marinara Sauce Vegetable Cups with Hummus Fresh Fruit
19	20	21	22	23
Red Devil Chicken Patty Sandwich Chicken Parmesan Sandwich Baked Sweet Potato Fries Vegetable Cups with Hummus	Pasta with Meat Sauce (Turkey & Beef) Garden Salad WG Garlic Breadstick Vegetable Cups with Hummus	Cheeseburger on a Roll Quesadilla Baked French Fries Vegetable Cups with Hummus Fresh Fruit	Tomato Vegetable Soup (our recipe) Grilled Cheese Sandwich Watermelon Wedge	Fresh Baked Pizza Tossed Garden Salad Vegetable Cups with Hummus Fresh Fruit
26	26	27	28	29
French Toast Sticks BBQ Pork Sandwich Sweet Potato Puffs Sausage Links Fresh Fruit	Porcupine Sliders on WG Roll* (recipe with ground turkey) Cheese Quesadilla Baked French Fries Steamed Green Beans Fresh Fruit	Hotdog on WG Roll Sausage & Pepper Grinder Corn on the Cob Baked Beans Vegetable Cups with Hummus	Chicken Patty or BBQ Chicken Sandwich Baked French Fries Broccoli with melted cheese Fresh Fruit	Bosco Sticks & Marinara Sauce or Chicken Tenders Caesar Salad Vegetable Cups with Hummus Fresh Fruit
<p><i>*School National Cook-off Grand winner – “Porcupine Sliders are healthy, mouthwatering turkey Burgers, high in protein with just the right amount of spices & a kick of sweet cranberries.”</i></p>				
<p>Questions? Contact Liz Paternostro Director of Food & Nutrition Services Liz.paternostro@easthaddamschools.org</p>				

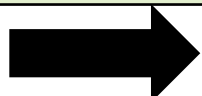
We are striving for healthier lunch options, featuring more fresh & natural foods and more cooking from scratch in our kitchen.

Breakfast Daily!
\$1.60
Reduced Breakfast .30
Free to those who qualify

Lunch \$3.10
Reduced Lunch .40
Free to those who qualify

Alternate Daily Lunch
Deli Bar
Chicken Patty Sandwich
Pizza Option

All meals include choice of milk(1% or FF Chocolate), fresh fruit/vegetable, and fruit cup.
Select 3 or all 5 items for a complete meal



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GET STUDENT ID # FROM POWERSCHOOL OR CHECK PAYABLE TO EAST HADDAM CAFETERIA FUND