



Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day No School	6 French Toast Sticks Sweet Potato Puffs Sausage Links Blueberries	7 Chicken Tenders Strawberry Spinach Salad (our recipe) WG Dinner Roll Vegetable Cups with Hummus	8 Sloppy Joe on WG Roll 3 Bean Salad Watermelon Wedge	9 Fresh Baked Personal Pizza Caesar Salad Vegetable Cups with Hummus Fresh Fruit
12 Macaroni & Cheese Garden Salad WG Dinner Roll Vegetable Cups with Hummus Fresh Fruit	13 Cheesy Bosco Sticks Marinara Sauce Corn & Tomato Salad (our recipe) Vegetable Cups with Hummus Fresh Fruit	14 General Tao's Chicken Steamed Brown Rice Broccoli Florets Fresh Fruit	15 Taco with WG Tortillas Choice of Chicken or Beef Romaine, Tomato, Cheese Vegetable Cups with Hummus Fresh Fruit	16 Chicken Tenders & Mozzarella Sticks Marinara Sauce Vegetable Cups with Hummus
19 Chicken Patty Sandwich on WG Roll Baked Sweet Potato Fries Vegetable Cups with Hummus Fresh Fruit	20 Pasta with Meat Sauce (Our recipe using turkey & beef) Garden Salad WG Garlic Breadstick Vegetable Cups with Hummus Fresh Fruit	21 Cheeseburger on WG Roll Baked French Fries Vegetable Cups with Hummus Fresh Fruit	22 Tomato Vegetable Soup (our recipe) Grilled Cheese Sandwich Watermelon Wedge	23 Fresh Baked Stromboli Tossed Salad Vegetable Cups with Hummus
26 Mini Pancakes & Syrup Sweet Potato Puffs Sausage Links Blueberries	26 Porcupine Sliders on WG Roll* Baked French Fries Steamed Green Beans Fresh Fruit	27 Hotdog on WG Roll Corn on the Cob Baked Beans Vegetable Cups with Hummus Fresh Fruit	28 Chicken Patty on WG Roll Baked French Fries Broccoli with melted cheese Fresh Fruit	29 Fresh Baked Personal Pizza 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>				

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

Alternate Lunch Daily
Deli Bar
Chicken Option
Pizza Option
Assorted Salads

Lunch \$3.10
Breakfast \$1.60
If your student receives FREE or REDUCED lunch, breakfast is FREE or REDUCED!
All meals include: Raw Veggie Cups & Hummus
Fruit: Fresh &/or Canned in Lite Syrup or Juice.
Milk: 1% White or Chocolate Skim

Questions? Call Liz Paternostro
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ADD \$ TO A STUDENT'S ACCOUNT @ mypaymentsplus.com
GET STUDENT ID # FROM POWERSCHOOL OR CHECK PAYABLE TO EAST HADDAM CAFETERIA FUND*