

MEAL PRICES:

Daily Lunch: \$3.00 (reduced \$.40)

Milk (only): \$.50

Breakfast is available to ALL students for FREE

Staff Meal: \$4.00

Pomfret Community School

Breakfast & Lunch Menu

MARCH 2019

PLEASE SEE BACKSIDE FOR A BRIEF NEWSLETTER & MORE MEAL INFORMATION!

Celebrate National School Breakfast

Week March 4-8! This is an annual national campaign designed to raise awareness of the National School Breakfast Program (SPB) in school communities across the country. First launched in 1989 by the federal government as a means for all K12 students in the United States to have access to a nutritious school breakfast, now more than 14 million children participate each day!



3/1

Fish and Chips

Oven Baked Potato Wedges
Creamy Coleslaw
Tartar Sauce
Assorted Fruits

Breakfast: Egg and Cheese

3/4

Pizza Crunchers

Marinara
Crunchy Baby Carrots
Garden Salad w/ Ranch
Assorted Fruits
Milk

Breakfast: Breakfast Pastry

3/5

**Mardi Gras
Chicken Soft Taco**

Tomato Salsa
Shredded Lettuce & Tomato
Rice and Beans
Assorted Fruits
Milk

Breakfast: Mini Pancakes

3/6

BBQ Chicken

Served on WG Roll
Seasoned Green Beans
Oven Baked Potato Wedge
Assorted Fruits
Milk

Breakfast: Breakfast Pastry

3/7

Cheesy Mac n' Cheese

Garlic Bread Stick
Steamed Broccoli
Golden Carrots
Assorted Fruits
Milk

Breakfast: Mini Waffles

3/8

Cheese Burger Deluxe

Lettuce, Tomato & Pickle
Sweet Potato Fries
Vegetarian Baked Beans
Assorted Fruits
Milk

Breakfast: Egg and Cheese

3/11

French Bread Pizza

Crispy Cucumber Wheels
Crunchy Baby Carrots
Ranch Dipping Sauce
Assorted Fruits
Milk

Breakfast: Breakfast Pastry

3/12

Beef and Cheese Nachos

Zesty Tomato Salsa
Sweet Steamed Corn
Refried Beans
Assorted Fruits
Milk

Breakfast: Mini Pancakes

3/13

Mini Corn Dogs

Baked Potato Chips
Vegetarian Baked Beans
Assorted Fruits
Milk

National Potato Chip Day!

Breakfast: Breakfast Pastry

3/14

Zesty Orange Chicken

Seasoned Brown Rice
Steamed Broccoli & Carrots
Fortune Cookie
Assorted Fruits
Milk

Breakfast: Mini Waffles

3/15

Pasta and Meatballs

Marinara Sauce
Garden Salad
Italian Dressing
Assorted Fruits
Milk

Breakfast: Egg and Cheese

3/18

Cheesy Pizza Slice

Crispy Celery Sticks
Crunchy Baby Carrots
Ranch Dipping Sauce
Assorted Fruits
Milk

Breakfast: Breakfast Pastry

3/19

Brunch for Lunch

French Toast Sticks
Egg Patty
Tater Tots & Grape Tomatoes
Assorted Fruits
Milk

Breakfast: Mini Pancakes

3/20

Toasted Cheese Sandwich

Hearty Vegetable Soup
Sweet Potato Fries
Assorted Fruits
Milk

Happy Spring!!

Breakfast: Breakfast Pastry

3/21

**Beef and Cheese
Crunchy Taco**
National Crunchy Taco Day!

Tomato Salsa
Seasoned Rice & Golden
Corn, Assorted Fruits
Milk

Breakfast: Mini Waffles

3/22

Turkey & Cheese Sandwich

Lettuce & Tomato
Baked Potato Chips
Assorted Fruits
Milk

Breakfast: Egg and Cheese

3/25

Fried Dough w/ Sauce

Crunchy Baby Carrots
Garden Salad
w/ Ranch Dressing
Assorted Fruits
Milk

Breakfast: Breakfast Pastry

3/26

**Hearty Beef
& Bean Chili**

Tortilla Chips
Sweet Steamed Corn
Assorted Fruits
Milk

Breakfast: Mini Pancakes

3/27

Cheeseburger

Served on a WG Roll
Oven Baked Fries
Vegetarian Baked Beans
Assorted Fruits
Milk

Breakfast: Breakfast Pastry

3/28

BBQ Chicken

Season Brown Rice
Steamed Broccoli
Golden Carrots
Assorted Fruits
Milk

Breakfast: Mini Waffles

3/29

Lasagna Roll Up

Topped w/ Meat Sauce &
Cheese
Garden Salad
Assorted Fruits
Milk

Breakfast: Egg and Cheese

*Menu subject to change without notice.

- ❖ Freedom of Information Day celebrates and recognizes a valuable concept in American rights. March 16th is the birth date of James Madison, the 4th president of the United States of America. James Madison is recognized as the "Father of the Constitution", and the chief author of the "Bill of Rights". Freedom of information and individual rights was very important to James Madison. Did you know? The Freedom of Information Act was passed into law in 1966. It opened up a wealth of information to American citizens. James Madison would be very pleased!
- ❖ March 20th is the first day of Spring! The Spring Vernal Equinox brings days and nights in equal proportions. It is simply the day when there is exactly 12 hours of daylight and 12 hours of nighttime. But, did you know that this is only true on the Equator? For the rest of us, the timing is a little sooner, or later, depending upon where we live on the planet. The other thing to note is that the Spring Equinox is just a calendar date. From a standpoint of weather in your area, real spring arrives sooner or later depending upon where you live in the Northern Hemisphere.
- ❖ EASTCONN participates in the Put Local on your Tray initiative. Put Local on Your Tray's Mission: Harnessing the energy and knowledge of our partners and networks, we develop relationships and tools to empower school communities to source, serve, & celebrate local food.

Breakfast



A complete breakfast includes; Whole Grain based Entrée, Milk, Fruit and/or 100% Fruit Juice.
Reduced Sugar Whole Grain Cereals are available in addition to the daily offering.



What does a complete hot lunch include?

Grain, meat/meat alternate, vegetable, fruit & milk

Students are encouraged to select all 5 components!

Alternate lunches are available daily by request only and include all food group components:

- Week 1:** Chicken Patty on Bun, Vegetable & Fruit Choice
- Week 2:** Cheeseburger on Bun, Vegetable & Fruit Choice
- Week 3:** Meatball Grinder, Vegetable & Fruit Choice
- Week 4:** Cheese Filled Breadsticks, Vegetable & Fruit Choice
- Week 5:** Popcorn Chicken Boats, Vegetable & Fruit Choice
- A nut butter* & jelly or nut butter & fluff
On whole wheat bread
*(Wowbutter, Peanut Butter)
- Salad with turkey, salad with cheese or salad with turkey & cheese (*EXCEPT *Salad Days)

Lunch



A meal is considered complete is 3 out of 5 food groups are present on the tray, including a serving of fruit.



Lunch choices include: Fat Free or 1% Regular Milk and fat-free chocolate milk



PLEASE MAKE ALL CHECKS PAYABLE TO EASTCONN FOOD SERVICES

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

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