

**SCHOOL BREAKFAST AND LUNCH
ARE AVAILABLE TO ALL STUDENTS
FOR FREE!**

*A la carte items and Food for Thought items
available for purchase.*

Staff/Visitor Lunches: \$4.00

**Quinebaug Middle College
Breakfast & Lunch Menu
MARCH 2019**

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

DO YOU LIKE OUR NEW FORMAT?

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!



<p>3/4 Pizza Crunchers Marinara Crunchy Baby Carrots Garden Salad w/ Ranch Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i></p>				<p>3/5 Mardi Gras Chicken Soft Taco Tomato Salsa Shredded Lettuce & Tomato Rice and Beans Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i></p>				<p>3/6 BBQ Chicken Served on WG Roll Seasoned Green Beans Oven Baked Potato Wedge Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i></p>				<p>3/7 Cheesy Mac n' Cheese Garlic Bread Stick Steamed Broccoli Golden Carrots Assorted Fruits Milk <i>Breakfast: Mini Waffles</i></p>				<p>3/1 Fish and Chips Oven Baked Potato Wedges Creamy Coleslaw Tartar Sauce Assorted Fruits <i>Breakfast: Egg and Cheese</i></p>			
<p>3/11 French Bread Pizza Crispy Cucumber Wheels Crunchy Baby Carrots Ranch Dipping Sauce Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i></p>				<p>3/12 Beef and Cheese Nachos Zesty Tomato Salsa Sweet Steamed Corn Refried Beans Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i></p>				<p>3/13 Mini Corn Dogs Baked Potato Chips Vegetarian Baked Beans Assorted Fruits Milk National Potato Chip Day! <i>Breakfast: Breakfast Pastry</i></p>				<p>3/14 Zesty Orange Chicken Seasoned Brown Rice Steamed Broccoli & Carrots Fortune Cookie Assorted Fruits Milk <i>Breakfast: Mini Waffles</i></p>				<p>3/8 Cheese Burger Deluxe Lettuce, Tomato & Pickle Sweet Potato Fries Vegetarian Baked Beans Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i></p>			
<p>3/18 Cheesy Pizza Slice Crispy Celery Sticks Crunchy Baby Carrots Ranch Dipping Sauce Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i></p>				<p>3/19 Brunch for Lunch French Toast Sticks Egg Patty Tater Tots & Grape Tomatoes Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i></p>				<p>3/20 Toasted Cheese Sandwich Hearty Vegetable Soup Sweet Potato Fries Assorted Fruits Milk Happy Spring!! <i>Breakfast: Breakfast Pastry</i></p>				<p>3/21 Beef and Cheese Crunchy Taco National Crunchy Taco Day! Tomato Salsa Seasoned Rice & Golden Corn, Assorted Fruits Milk <i>Breakfast: Mini Waffles</i></p>				<p>3/15 Pasta and Meatballs Marinara Sauce Garden Salad Italian Dressing Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i></p>			
<p>3/25 Fried Dough w/ Sauce Crunchy Baby Carrots Garden Salad w/ Ranch Dressing Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i></p>				<p>3/26 Hearty Beef & Bean Chili Tortilla Chips Sweet Steamed Corn Assorted Fruits Milk <i>Breakfast: Mini Pancakes</i></p>				<p>3/27 Cheeseburger Served on a WG Roll Oven Baked Fries Vegetarian Baked Beans Assorted Fruits Milk <i>Breakfast: Breakfast Pastry</i></p>				<p>3/28 BBQ Chicken Season Brown Rice Steamed Broccoli Golden Carrots Assorted Fruits Milk <i>Breakfast: Mini Waffles</i></p>				<p>3/22 Turkey & Cheese Sandwich Lettuce & Tomato Baked Potato Chips Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i></p>			
<p>3/29 Lasagna Roll Up Topped w/ Meat Sauce & Cheese Garden Salad Assorted Fruits Milk <i>Breakfast: Egg and Cheese</i></p>																			

*Menu subject to change without notice.

FOOD NEWS!

- ❖ 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:

- Build your own Salad Bar
Add your choice of turkey, chicken or hummus.

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

