Nutritional Component Key

Milk 1serving-8oz daily(low fat/1%or less-fat-free flavored)

Fruit fresh or cup 1serving- 1/2 cup daily

Vegetable cup 1 serving - ½ cup to ¾ cup daily (dark green, red/orange, beans, starchy sub groups once per week)

Whole Grains (1 ounce equivalents) 2oz serving min. per day

Alt: Chef Salad

Meat/Meat Alternates (1 ounce equivalents) 2oz serving min. per day

Zero trans fats *** LACTAID MILK IS THE ONLY SUBSTITUTION FOR REGULAR MILK UNDER USDA/STATE OF CT GUIDLELINE

Alt: Chef Salad

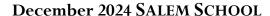
Lunch Prices

Alt: Chef Salad

First- hot lunch w/milk included 3.50

Second Lunch Just Milk \$.50 Breakfast \$2.00

First breakfast and first lunch free for reduced/free students



First Breakfast Grab and GO Free

Whole Grain Meals, Fresh Fruit, 100% Juices, and Milk

Weekly rotating alternative meals

Check out the Fresh Local Veggie and Fruit Bar Daily



Alt: Chef Salad



Alt: Chef Salad

Chicken Nuggets Mashed Potato Corn Vegetables/Fruit, Milk Alt: Ham Sliders	Hamburger or Cheeseburger Fries Vegetables/Fruit, Milk Alt: Ham Sliders	Chicken Wings Celery/Carrots Vegetables/Fruit, Milk Alt: Ham Sliders	Chicken Alfredo Broccoli Vegetables/Fruit, Milk Featuring Special Dessert Alt: Ham Sliders	20 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk Alt: Ham Sliders
23 No School	24 No School	25 No School	26 No School	27 No School
30 No School	31 No School			

For the 2024-25 school year, Breakfast will no longer be Free for Full Price Students. As a result of Section 242 of Public Act 24-81 the Connecticut State Department of Education (CSDE) will only cover the cost to families for one breakfast and one lunch per day for students who qualify for reduced-price meals through the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). This means that schools participating in NSLP and/or SBP will not charge families for the reduced-price portion of these meals.

Please See the Price Key above. If you would like to apply for USDA Free/Reduced Benefit Meals, please go to the district website and download an application. Applications are also available in the main office of each school. If you have already received a letter for Free/Reduced benefits from the district this school year no new application is required.

Charging of a Meal:

Salem Public Schools will allow a child without a meal from home to charge a meal without funds but will exclude allowing ala carte items or more than one lunch during the same lunch service period. Parents/Guardians are responsible for unpaid charges. If a student's unpaid meal charges equal or exceed the cost of 30 meals, the Local Educational Agency must also refer the parent or guardian to the LEA's designated local McKinney-Vento Act Homeless Education Liaison as required by C.G.S. Section 10215(b).

Please also email me with any questions at <u>Christian.Urban@elpsk12.org</u>
This institution is an equal opportunity provider.