#### **Nutritional Component Key**

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

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

Vegetable cup 1serving - 1/2 cup to 3/4 cup daily (dark green, red/orange, beans, starchy sub groups once per week)

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

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

**Lunch Prices** 

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

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

# January 2025 SALEM SCHOOL

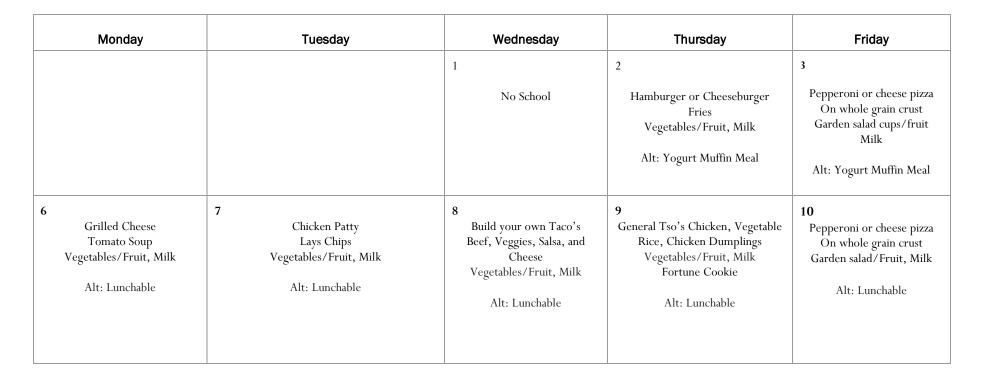
### First Breakfast Grab and GO Free

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

# Weekly rotating alternative meals

# Check out the Fresh Local Veggie and Fruit Bar Daily

MENU IS SUBJECT TO CHANGE AT ANYTIME





Chicken Tenders Mozzarella Sticks Vegetables/Fruit, Milk Alt: Chicken Ceasar Salad	Hamburger or Cheeseburger Fries Vegetables/Fruit, Milk Alt: Chicken Ceasar Salad	Brunch For Lunch French Toast Sticks, Sausage, Hashbrown Vegetables/Fruit, Milk Alt: Chicken Ceasar Salad	Cheese Ravioli Grean Beans Dinner Roll Vegetables/Fruit, Milk Alt: Chicken Ceasar Salad	17 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk Alt: Chicken Ceasar Salad
20 No School	Hot Dog on Whole Wheat Roll Lays Chips Vegetables/Fruit, Milk Alt: Hummus Meal	Build your own Nacho's Chicken, Veggies, Salsa, and Cheese Vegetables/Fruit, Milk Alt: Hummus Meal	BBQ Pork Rib Sandwich Fries Vegetables/Fruit, Milk Alt: Hummus Meal	24 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk Alt: Hummus Meal
Chicken Nuggets Mashed Potato Mixed Vegetables Vegetables/Fruit, Milk Alt: Ham Sliders	Cheese Calzone with Marinara Sauce Side Broccoli Vegetables/Fruit, Milk Alt: Ham Sliders	29  Half Day PD Day  Turkey Sandwich  Lays Chips  Vegetables/Fruit, Milk	Brunch For Lunch Pancakes, Bacon, Hashbrown Vegetables/Fruit, Milk Alt: Ham Sliders	31 Pepperoni or Cheese Pizza On Whole Grain Crust Garden Salad Cups/Fruit Milk Alt: Ham Sliders

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 <a href="mailto:Christian.Urban@elpsk12.org">Christian.Urban@elpsk12.org</a>

This institution is an equal opportunity provider.