





MEAL PRICES:

High School Lunch: \$3.00 Reduced: \$0.40
 Breakfast: \$2.00 Reduced: \$0.30
 Center School Lunch: \$2.80 Reduced: \$0.40
 Breakfast: \$1.75 Reduced: \$0.25
 Milk Only \$0.60

**Bolton Center School
 Lunch Menu
 JUNE 2019**

FRESH FRUITS AND VEGGIES
 SERVED EVERY DAY!
 BE SURE TO CHECK OUT OUR
 RAINBOW TRAY!!

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|--|---|---|---|--|
| <p>3</p>  | <p>4</p>  | <p>5</p> <p>Chili Dog</p> <p>Chips Hot Vegetable Assorted Fruit And Veggie Cups</p> <p>Milk</p> | <p>6</p> <p>Chicken Patty or Tenders</p> <p>Dipping Sauce Mashed Potatoes Green Beans Assorted Fresh Fruits And Veggies Milk</p> | <p>7</p> <p>PIZZA DAY</p> <p>With Assorted Toppings Spring Mix Salad Fresh Veggie Cups Assorted Fresh Fruits Milk</p> |
| <p>10</p>  | <p>11</p> <p>Mexican Choice</p> <p>Rice Salsa, Sour Cream, Black Beans Golden Corn Assorted Fresh Fruits And Veggies Milk</p> | <p>12</p> <p>Last Day of School</p> <p>No Lunch Served</p> | <p>13</p> | <p>14</p> |
| <p>Have a great</p>  <p>summer</p> | | | | |
| | | | | |

*Menu subject to change without notice.

FOOD NEWS!



Free Summer Meals!
Comidas de Verano Gratis!

Kids and teens 18 and under
Niños y adolescentes de 18 años y menos

EHC! | **NOKID HUNGRY** | **CSDE**
NO HUNGRY CONNECTICUT! SHARE OUR STRNGTH CONNECTICUT

FOR SITES NEAR YOU, CALL/LLAME **211**
TEXT **CTmeals** TO **877877**
www.CTSummerMeals.org

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

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.

Lunch

What does a complete hot lunch include?

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

Students are encouraged to select all 5 components!



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

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

- Week 1:** Cheeseburger on Bun, Vegetable & Fruit Choice
- Week 2:** Chicken Patty on Bun, Vegetable & Fruit Choice

Assorted Sandwiches and Wraps served daily

- Salad with turkey, salad with cheese or salad with turkey & cheese (*EXCEPT *Salad Days)



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



This is an Equal opportunity institution.

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