


Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dec.17</b> Vegetable & Cheese Lasagna Roll Up Garlic Breadstick Mixed Vegetables Apple Slices Milk Choice <u>K-2 Additional Lunch Option</u> Peanut butter and fluff sandwich or yogurt lunch	<b>Dec. 18</b> Chicken Fajitas Cheese & Salsa Steamed Corn Diced Pears or 100% Fruit Juice Milk Choice <u>K-2 Additional Lunch Option</u> Turkey and cheese sandwich or yogurt lunch	<b>Dec. 19</b> Beef Hotdog on a Roll Baked Beans Celery Sticks with Dip Assorted Fruit Choice Milk <u>K-2 Additional Lunch Option</u> Egg Salad sandwich on a roll or yogurt lunch	<b>Dec. 20</b> Christmas Tree shaped Chicken Nuggets Warm Wheat Roll Cucumbers Tropical Fruit Cups or 100% Fruit Juice Milk Choice <u>K-2 Additional Lunch Option</u> Ham and cheese sandwich or yogurt lunch	<b>Dec. 21</b> Maple burst Pancakes Cheese Omelet Baby Cakes Hash Brown Potatoes Assorted Fruit Choice Assorted Milk Choice <u>K-2 Additional Lunch Option</u> Tuna salad sandwich or yogurt lunch  <p style="text-align: center;"><b>Early Dismissal Today</b></p>
<b>Dec. 24</b> 	<b>Dec. 25</b> <p style="font-size: 1.2em;">Happy Holidays</p>	<b>Dec.26</b> <p style="font-size: 1.2em;">Winter Recess No School</p>	<b>Dec. 27</b> 	<b>Dec. 28</b> 
<b>Dec. 31</b> <p style="font-size: 1.2em;">Winter Recess No School</p>	<b>Jan. 1</b> <p style="font-size: 1.2em;">Happy New Year!</p>	<b>Jan.2</b> Teriyaki chicken Bites Seasoned Brown Rice Steamed Corn Assorted Fresh Apples Milk Choice  <u>K-2 Additional Lunch Option</u> Egg Salad on a roll or yogurt lunch	<b>Jan. 3</b> Chicken & Gravy over Mashed Potatoes Warm Dinner Roll Steamed mixed vegetables Assorted fruit choice or 100% Fruit Juice Milk Choice <u>K-2 Additional Lunch Option</u> Ham & Cheese Sandwich or yogurt lunch	<b>Jan.4</b> Cheese or Pepperoni Pizza Garden Salad Assorted Fruits Milk Choice  <u>K-2 Additional Lunch Option</u> Tuna Salad on a roll or yogurt lunch
<b>Jan. 7</b> Cheese Quesadilla Sour cream & Salsa Steamed Broccoli Fresh Fruit Milk Choice <u>K-2 Additional Lunch Option</u> Peanut butter and fluff sandwich or yogurt lunch	<b>Jan. 8</b> Pasta with meat sauce Warm wheat roll Tossed Salad Diced Pears or 100% Fruit Juice Milk Choice  <u>K-2 Additional Lunch Option</u>	<b>Jan. 9</b> Chicken Nuggets Mashed Potatoes Warm Wheat Dinner Roll Mixed Fruit Cup Milk Choice  <u>K-2 Additional Lunch Option</u> Egg salad sandwich or yogurt lunch	<b>Jan. 10</b> Toasted Cheese Sandwich Stone Soup Celery Sticks with Peanut butter Dip 100% Fruit Juice or Strawberry Cup <u>K-2 Additional Lunch Option</u> Ham & cheese sandwich or yogurt lunch	<b>Jan. 11</b> Beef and Bean Chili Cheddar Cheese Warm Corn Muffin Baby carrots w/ranch dip Applesauce Cup Milk Choice <u>K-2 Additional Lunch Option</u> Tuna Salad on a roll or yogurt lunch

Alternate lunch choices include all five-food group components. All juice drinks are 100% juice. This menu is subject to change without notice. Please remember applications for Free and Reduced Lunch is available on the Ashford School Website [www.AshfordCt.org](http://www.AshfordCt.org); please have your child bring his or her prepayments to cafeteria when entering school in the morning. **NO PREPAYMENTS CAN BE ACCEPTED DURING LUNCH!**

**Breakfast** is available everyday for \$1.35. We have bagels, muffins, cereal, yogurt, eggs, egg and cheese sandwiches, wheat breakfast buns, wheat pancakes, and wheat french toast. Included with breakfast is milk, fruit and 100%juice.

The 5 meal components for school lunch include: Meat component, grain, fruit, vegetable, and milk  
You choose at least 3 including  $\frac{1}{2}$  cup of vegetables or fruit and at least 2 other components. For best nutrition, choose all 5!

**Yogurt Bag** lunches include:

- 4 oz Assorted yogurt
- Cheese stick
- Assorted whole grain choice
- Fruit
- Veggie Sticks

We offer a gluten-free meal option everyday and if needed soy or lacaidd milk with a medical note from your primary care Doctor