

Lunch: \$ 2.75 /day = \$46.75

Milk: \$.50 /day = \$8.50

Ashford School

Aug./Sept. Lunch Menu 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Aug. 28</p> <p>Professional Development Day No School</p>	<p>Aug. 29</p> <p>Professional Development Day No School</p>	<p>Aug. 30</p> <p>Popcorn Chicken Oven Potatoes Wheat roll Celery Sticks with Ranch Dip Assorted Fresh Fruit Choice Milk Choice</p> <p><u>Elementary Sandwich Lunch</u> Egg Salad Sandwich on a Roll, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Aug. 31</p> <p>Mini Turkey Corn Dog Bites, Baked Beans Sweet Potato Fries, Fruit Choice or 100% Fruit Juice Milk Choice</p> <p><u>Elementary Sandwich Lunch</u> Turkey and Cheese Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 1</p> <p>Cheese Quesadilla, Salsa, Assorted Veggie Sticks, Steamed Corn, Orange smiles Milk Choice</p> <p><u>Elementary Sandwich Lunch</u> Tuna Salad Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>
<p>Sept. 4</p> <p>Labor Day No School</p>	<p>Sept. 5</p> <p>Maple burst pancakes, Egg Patties, Cinnamon Apple Sauce, Potato Wedges, Assorted Fresh Fruit or 100% Fruit Juice and Milk Choice <u>Elementary Sandwich Lunch</u> Ham and Cheese Sandwich, Yogurt Lunch or Peanut butter and Jelly sandwich</p>	<p>Sept. 6</p> <p>Taco Salad with seasoned beef, Cheddar Cheese and Salsa Brown Rice, Lettuce & Tomatoes, Diced pears and Milk Choice</p> <p><u>Elementary Sandwich Lunch</u> Egg Salad Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 7</p> <p>Breaded Chicken Chunks, Mashed Potatoes, Carrot Sticks, Mixed Fruit Cup or 100% Fruit Juice and Milk Choice</p> <p><u>Elementary Sandwich Lunch</u> Turkey & Cheese Sandwich Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 8</p> <p>Big Daddy Pizza (cheese or pepperoni) Steamed Broccoli Fresh Fruit Choice Milk Choice</p> <p><u>Elementary Sandwich Lunch</u> Tuna Salad on a Roll, Yogurt lunch or Peanut butter and jelly sandwich</p>
<p>Sept. 11</p> <p>French toast sticks Cheddar omelet Potato rounds Applesauce Milk Choice</p> <p><u>Elementary Sandwich Lunch</u> Peanut Butter and Fluff Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 12</p> <p>Hamburger or cheeseburger on a wheat roll, French fries Baby carrots Mixed fruit cup or 100% fruit juice Milk choice</p> <p><u>Elementary Sandwich Lunch</u> Ham and Cheese Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 13</p> <p>Macaroni and cheese Warm wheat roll Steamed sweet peas Assorted fresh fruit choice Milk choice</p> <p><u>Elementary Sandwich Lunch</u> Egg Salad on a Roll, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 14</p> <p>Assorted Pizza Cucumber Slices Fresh Fruits or 100% Fruit Juice Milk Choice</p> <p><u>Elementary Sandwich Lunch</u> Turkey & Cheese Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 15</p> <p>Mini Turkey Corn Dog Bites Baked Beans Sweet Potato French Fries Assorted Fresh Fruits Milk Choice</p> <p><u>Elementary Sandwich Lunch</u> Tuna salad on a roll, Yogurt lunch or Peanut butter and jelly sandwich</p>
<p>Sept. 18</p> <p>Mozzarella Sticks w/Pizza Dipping Sauce, Baby Carrots, Steamed Broccoli Fresh Fruit Choice and Milk Choice</p> <p><u>Elementary Sandwich Lunch</u> Peanut Butter and Fluff Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 19</p> <p>Toasted Cheese Sandwich, Celery Sticks with PB Dip Applesauce or 100% Fruit Juice and Milk Choice</p> <p><u>Elementary Sandwich Lunch</u> Ham and Cheese Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 20</p> <p>Chicken Patty on a Roll, Lettuce and Tomato, Steamed carrots, Applesauce Cup and Milk Choice</p> <p><u>Elementary Sandwich Lunch</u> Egg Salad on a Roll, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 21</p> <p>Chicken Tenders, Steamed Corn, Warm Wheat Roll, Honeydew Melon Chunks or 100% Fruit Juice and Milk Choice</p> <p><u>Elementary Sandwich Lunch</u> Turkey and Cheese Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 22</p> <p>Pasta with meat sauce Steamed carrots Garlic breadstick Mixed fruit cup Milk choice</p> <p><u>Elementary Sandwich Lunch</u> Tuna Salad on a Roll, Yogurt Lunch or Peanut butter and jelly sandwich</p>

Alternate lunch choices include all five-food group components. All juice drinks are 100% fruit 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; PLEASE have your child bring his or her prepayments to cafeteria when entering school in the morning. **NO PREPAYMENTS WILL 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 are Milk Choice, fruit & juice

The 5 meal components for school lunch include: Meat component, grain, fruit, vegetable, and milk
You choose at least 3 including ½ 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
- 1 oz. String Cheese
- Assorted Whole Grain items
- Fruit Choice
- Assorted Veggie Choice
- Milk choice

We also offer a gluten-free option everyday!