


Monday	Tuesday	Wednesday	Thursday	Friday
<b>June 5</b> <b>Fun Shaped Fish Nuggets</b> Baked oven fries Steamed carrot coins Assorted fresh fruits Milk choice <u>Elementary Sandwich Lunch</u> Peanut Butter and Fluff or yogurt lunch	<b>June 6</b> <b>Popcorn Chicken</b> Golden corn Warm wheat roll Assorted Fruits or 100% Fruit Juice <u>Elementary Sandwich Lunch</u> Ham and cheese sandwich or yogurt lunch	<b>June 7</b> <b>Teriyaki Chicken Dippers</b> Seasoned brown rice Steamed green beans Pineapple tidbits Milk choice <u>Elementary Sandwich Lunch</u> Egg Salad on a roll or Yogurt Lunch	<b>June 8</b> <b>Chicken Fajitas</b> Steamed broccoli Assorted fruits or 100% fruit juice and milk choice <u>Elementary Sandwich Lunch</u> Turkey & Cheese sandwich or yogurt lunch	<b>June 9</b> <b>Mozzarella Cheese Sticks</b> Pizza dipping sauce Garlic breadstick Sweet peas Fresh Fruit Milk choice <u>Elementary Sandwich Lunch</u> Tuna Salad on a roll or yogurt lunch
<b>June 12</b> <b>Cheese quesadilla</b> Steamed green beans Apple slices Milk choice <u>Elementary Sandwich Lunch</u> Peanut butter and fluff sandwich or yogurt lunch	<b>June 13</b> <b>Ham and cheese croissant sandwich</b> Oven potatoes Blueberries and cream or 100% fruit juice Milk choice <u>Elementary Sandwich Lunch</u> Ham and cheese sandwich or yogurt lunch	<b>June 14</b> <b>Beef Soft Tacos</b> Steamed corn Seasoned brown rice Fruit Cup Milk choice <u>Elementary Sandwich Lunch</u> Egg Salad on a roll or yogurt lunch	<b>June 15</b> <b>Managers Choice Lunch</b> Milk choice <u>Elementary Sandwich Lunch</u> Turkey & Cheese sandwich or yogurt lunch	<b>June 16</b> <b>Half Day</b> No lunch served today <b>Have a safe and happy Summer Vacation</b> 
		<b>For Summer feeding site locations close to Ashford please visit</b> <b>WWW.CTSummerMeals.org</b>		

**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, fruit and 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
  - Cheese stick
  - Assorted whole grain choice
  - Fruit
  - Veggie Sticks

We also offer a gluten-free option everyday! Lactaid milk is available if required with a Doctor's note.

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 ACCEPTED AT LUNCH**

**For summer feeding site locations close to Ashford please visit**  
**[WWW.CTSummerMeals.org](http://WWW.CTSummerMeals.org)**