

Lunch: \$ 2.85 /day = \$51.30

Milk: \$.50 /day = \$9.00

Ashford School

Sept./ Oct. Lunch Menu 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sept. 24 Wild Mike's Cheese Bites Marinara for dipping Green Pepper slices w/Ranch dip Applesauce Milk Choice</p> <p><u>K-2 Additional Lunch Options</u> Peanut Butter and Fluff Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 25 Chicken Patty on a wheat roll, Lettuce and Tomato's Emoticons Fries Mixed fruit cup or 100% fruit juice Milk choice</p> <p><u>K-2 Additional Lunch Options</u> Turkey and Cheese Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 26 Maple Burst Pancakes Warm Egg Patties Herbed Home Fry Potato Wedges Assorted Fresh Fruit Choice Milk Choice</p> <p><u>K-2 Additional Lunch Options</u> Egg Salad Sandwich on a Roll Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 27 Beef Hot Dog on a Bun Baked Beans Sweet Potato Fries, Fruit Choice or 100% Fruit Juice Milk Choice</p> <p><u>K-2 Additional Lunch Options</u> Ham and Cheese Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Sept. 28 Cheese Quesadilla, Salsa, Cucumber Slices, Corn with black beans Orange smiles Milk Choice</p> <p><u>K-2 Additional Lunch Options</u> Tuna Salad Sandwich on a roll Yogurt Lunch or Peanut butter and jelly sandwich</p>
<p>Oct. 1 French Toast Sticks Cheddar Cheese Omelet Tater Tots Cinnamon applesauce Milk choice</p> <p><u>K-2 Additional Lunch Options</u> Peanut Butter and Fluff Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Oct.2 Big Daddy's Pizza Cheese or Pepperoni Steamed Lemon Broccoli Diced Pears or 100% Fruit Juice Milk Choice</p> <p><u>K-2 Additional Lunch Options</u> Turkey and Cheese Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Oct.3 Baked Macaroni & Cheese Sweet Peas Warm Wheat Roll Assorted Fresh Fruits Milk Choice</p> <p><u>K-2 Additional Lunch Options</u> Egg Salad Sandwich on a Roll, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Oct.4 Breaded Chicken Mashed Potatoes Celery Sticks w/dip Mixed Fruit Cup or 100% Fruit Juice and Milk Choice</p> <p><u>K-2 Additional Lunch Options</u> Ham & Cheese Sandwich Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Oct. 5 Cheese Lasagna Roll Up Garlic Breadstick Steamed Carrots Fresh Fruit Choice Milk Choice</p> <p><u>K-2 Additional Lunch Options</u> Tuna Salad Sandwich on a Roll, Yogurt lunch or Peanut butter and jelly sandwich</p>
<p>Oct. 8 Columbus Day No School</p>	<p>Oct. 9 Professional Development Day No School</p>	<p>Oct. 10 Mini Turkey Corn Dog Bites Sweet Potato Fries Baked Beans Assorted fresh fruit choice Milk choice</p> <p><u>K-2 Additional Lunch Options</u> Egg Salad Sandwich on a Roll, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Oct. 11 Taco Salad with seasoned beef Lettuce, Tomatoes, Salsa Shredded Cheddar Cheese Refried Beans Fresh Fruits or 100% Fruit Juice Milk Choice</p> <p><u>K-2 Additional Lunch Options</u> Ham & Cheese Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Oct. 12 Warm Ham and Cheese on a croissant roll Cucumber Slices Assorted Fresh Fruits Milk Choice</p> <p><u>K-2 Additional Lunch Options</u> Tuna salad Sandwich on a roll, Yogurt lunch or Peanut butter and jelly sandwich</p>
<p>Oct. 15 Mozzarella Sticks w/Marinara Dipping Sauce, Garlic Breadstick Red Pepper Slices Fresh Fruit Choice and Milk Choice</p> <p><u>K-2 Additional Lunch Option</u> Peanut Butter and Fluff Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Oct. 16 Toasted Cheese Sandwich Celery Sticks with PB Dip Applesauce or 100% Fruit Juice and Milk Choice</p> <p><u>K-2 Additional Lunch Options</u> Turkey and Cheese Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Oct.17 Pasta with Meatballs Shredded Mozzarella Cheese Garden Salad Garlic Breadstick Assorted Fruit Options Milk Choice</p> <p><u>K-2 Additional Lunch Options</u> Egg Salad Sandwich on a Roll, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Oct.18 Chicken Tenders Oven Fries Warm Wheat Roll, Honeydew Melon Chunks or 100% Fruit Juice and Milk Choice</p> <p><u>K-2 Additional Lunch Options</u> Ham and Cheese Sandwich, Yogurt Lunch or Peanut butter and jelly sandwich</p>	<p>Oct. 19 Hamburger or Cheeseburger on a bun Steamed Carrot Coins Diced Pears Milk choice</p> <p><u>K-2 Additional Lunch Options</u> Tuna Salad Sandwich on a Roll, Yogurt Lunch or Peanut butter and jelly sandwich</p>

Available Daily: PB&Fluff, Turkey & Cheese, Tuna Salad, Turkey Ham & Cheese, Chicken Salad, PB&J and Egg Salad. Milk Offered with All Meals: Fat Free Chocolate, 1% White, Fat Free White

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

Yogurt Bag lunches include:

- 4 oz. Assorted Yogurt
- 1 oz. String Cheese
- Assorted Whole Grain items
- Fruit Choice
- Assorted Veggie Choice
- Milk choice