

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 High School
 Lunch Menu
 JUNE 2019**

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

<p>3</p> <p>Last Day of Classes For Seniors Brunch For Lunch French Toast Sticks Hash Brown Egg Patty Apple Sauce Fresh Veggie Cups Milk</p>	<p>4</p> 	<p>5</p> <p>MeatBall Grinder OR Toasted Cheese Hot Vegetable Fresh Veggie Cups Assorted Fresh Fruits Milk</p>	<p>6</p> <p>Chicken Patty Baked Chips Fresh Veggie Cups Assorted Fresh Fruits Milk</p>	<p>7</p> <p>Chicken Patty Baked Chips Fresh Veggie Cups Assorted Fresh Fruits Milk</p>
<p>10</p> <p>Chicken Patty Baked Chips Fresh Veggie Cups Assorted Fresh Fruits Milk</p>	<p>11</p> <p>PIZZA DAY With Assorted Toppings Spring Mix Salad Fresh Veggie Cups Assorted Fresh Fruits Milk</p>	<p>12</p>  <p>Last Day of School</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 | BRING OUR STRONGEST CONNECTICUT | AGENCY OF EDUCATION

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!

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
- Week 3:** French Bread Pizza, Vegetable & Fruit Choice
- Week 4:** Cheeseburger on Bun, Vegetable & Fruit Choice
- Week 5:** 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)



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



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



This is an Equal opportunity institution.

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