

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Crispy Oven Baked
Chicken Nuggets
Tater Tots
Fresh Banana
Fresh Fruit Basket

Deli Meal
Pizza Meal
Grill Meal
Salad Meal

2

Beef Nachos
Broccoli
Fresh Orange Slices
Fresh Fruit Basket

Deli Meal
Pizza Meal
Grill Meal
Salad Meal

5

Meatball Sub
Oven Fries
Sauteed Carrots
Fresh Orange Slices
Fresh Fruit Basket

Deli Meal
Pizza Meal
Grill Meal
Salad Meal

6

French Toast and
Sausage
Orange Slices
Fresh Apple

Deli Meal
Pizza Meal
Grill Meal
Salad Meal

7

General Tso's Chicken
Fluffy Rice w/broccoli
Fresh Romaine Salad
Fresh Fruit Basket

Deli Meal
Pizza Meal
Grill Meal
Salad Meal

8

Chicken Fajita
and Rice
Cucumber Slices
Fresh Apple
Fresh Fruit Basket

Deli Meal
Pizza Meal
Grill Meal
Salad Meal

9

Twin Hot Dogs
Veggie Beans
Pasta Salad
Fresh Apple
Fresh Fruit Basket

Deli Meal
Pizza Meal
Grill Meal
Salad Meal

12

BBQ Chicken Sub
Sauteed Carrots
Fresh Apple
Fresh Fruit Basket

Deli Meal
Pizza Meal
Grill Meal
Salad Meal

13

Corn Dog
Veggie Beans
Fresh Apple
Fresh Fruit Basket

Deli Meal
Pizza Meal
Grill Meal
Salad Meal

14

MANAGERS SPECIAL
Crispy Apple
Fresh Fruit Basket

Grill Meal
Pizza Meal
Deli Meal
Salad Meal

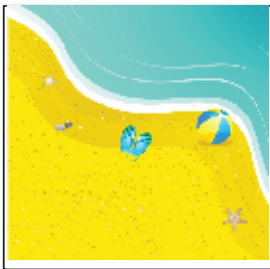
15

Nachos
Cucumber Slices
Fresh Oranges
Fresh Fruit Basket

Deli Meal
Pizza Meal
Grill Meal
Salad Meal

16

NO LUNCH
SERVED



HAVE A FUN
SUMMER



HAVE A FUN
SUMMER



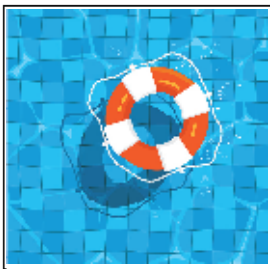
BE SAFE

Free summer meals are available for kids and teens all summer across Connecticut. To find a summer meal site close to you text CTmeals to 877877, call 211 or visit www.CTSummerfood.org

BE SAFE

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School Breakfast Price
Breakfast \$1.50
Reduced Price Breakfast \$0.30
School Lunch Price
Student Hot Lunch \$2.75
Reduced Price Breakfast \$0.30
If you get free lunch
you get free breakfast too!



Grill Meal \$ 3.00
Pizza Meal \$ 3.00
Boars Head Deli Meal \$ 3.25
Made to Order Salad Bar \$ 3.25

Choice of Milk is offered daily with each meal

Meals are comprised of 5 components
Meat/Meat Alternate, Whole Grain, Vegetable, Fruits and Milk
Students may take all 5 components
Students must take at least 3 components one of which must be a fruit or a vegetable

Breakfast is the Most Important Meal of The Day
Please Stop in the Cafeteria to get your Nutritious Breakfast Today

SHELTON PUBLIC SCHOOLS IS NOW ACCEPTING ONLINE PAYMENTS

Sports Drinks and Kids

Pre-adolescent children can become dehydrated faster than adults or teenagers for several reasons:

- 1) Children do not tolerate temperature extremes well.
- 2) Children sweat less.
- 3) Children get hotter during exercise.
- 4) Children have a lower cardiac output (they pump less blood through the heart over a period of time compared to adults).

All of these factors increase the risk of dehydration in children. Therefore, fluids play a critical role in maintaining the health and optimal performance of active children.

Children who are active during an average school day or who engage in activity less than one hour can typically re-hydrate easily with water. Children who are vigorously active for more than one hour and/or who sweat profusely may benefit from a sports beverage to help replace lost minerals and calories.

Many kids like sports drinks because of the flavor, however you can also make your own healthy version of a sports drink by mixing together 50/50 your child's favorite 100% juice with water. Be sure not to add more than 50% as juice or the child may complain of stomach cramps.



Seal is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

lifooffsplyground.com

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast is The Most Important Meal of the Day	Breakfast is The Most Important Meal of the Day	Breakfast is The Most Important Meal of the Day	Cinnamon Rolls Whole Grain Graham Crackers Fresh Fruit Choice of Milk	Whole Grain Nutrigrain Bar Whole Grain Graham Crackers Fresh Fruit Choice of Milk
MANAGERS CHOICE Whole Grain Graham Crackers Fresh Fruit Choice of Milk	Cinnamon Rolls Whole Grain Graham Crackers Fresh Fruit Choice of Milk	MANAGERS CHOICE Whole Grain Graham Crackers Choice of Milk	Cinnamon Rolls Whole Grain Graham Crackers Fresh Fruit Choice of Milk	MANAGERS CHOICE Whole Grain Graham Crackers Fresh Fruit Choice of Milk
Apple Frudal Whole Grain Graham Crackers Fresh Fruit Choice of Milk	MANAGERS CHOICE Whole Grain Graham Crackers Fresh Fruit Choice of Milk	MANAGERS CHOICE Whole Grain Graham Crackers Fresh Fruit Choice of Milk	Cinnamon Rolls Whole Grain Graham Crackers Fresh Fruit Choice of Milk	MANAGERS CHOICE Whole Grain Graham Crackers Fresh Fruit Choice of Milk
Breakfast is The Most Important Meal of the Day	Breakfast is The Most Important Meal of the Day	Breakfast is The Most Important Meal of the Day	Breakfast is The Most Important Meal of the Day	Breakfast is The Most Important Meal of the Day

Fresh Pick Recipe

BAKED CHICKEN WITH GRAPES

- 1 Chicken (cut in 10 pieces)
- 1 cup Chicken broth
- 1 Onion (sliced in wedges)
- 1 T Olive oil
- 1-2 t dried sage(can substitute with fresh)
- Salt and pepper to taste
- 3 cups Grapes

1. Prepare all ingredients as directed.
2. Preheat oven to 400 degrees.
3. Place the chicken pieces in medium baking pan. Pour chicken broth around the chicken and add the onion wedges.
4. Brush the top side of the chicken with the olive oil. Sprinkle the dried sage on the chicken and salt and pepper to taste.
5. Place in oven for 20 minutes.
6. Remove from oven and add the grapes to the pan.
7. Roast chicken and grapes for another 15-20 minutes or until the chicken is done.
8. Serve with rice.

Thank you for choosing School Breakfast and School Lunch. The cost for breakfast is \$1.50. Reduced priced breakfast is \$0.30. The cost for Lunch is \$2.75. Reduced priced lunch is \$0.40. If your child receives free lunch they can also get free breakfast. Free and Reduced meal applications are available at your child's school office. All applications are confidential. Charging Policy: If your child forgets their lunch money, we will allow them to charge a lunch meal only. Breakfast cannot be charged. Water, milk or snack items cannot be charged. The charge limit is \$10.00. If your child has reached the charge limit and does not have money for lunch, they will receive a cheese sandwich meal. The cost of the meal is \$2.75 and will be charged to their account. All charges must be paid back. Lunch consists of 5 meal components: 1) meat/meat alternate 2) Whole Grains 3) Vegetables 4) Fruits 5) Milk. Your child may take all 5 components (one of which must be a fruit or a vegetable) Your child must take at least 3 components (one of which must be a fruit or a vegetable) If you have any questions, please call Linda Stanisci, Food Service Director at 203-924-1055 lstanisci@sheltonpublicschools.org