

Capt Nathan Hale School



Student Lunch.....\$3.00
 Deluxe Pizza Lunch...\$3.75
 Milk only.....50¢
 Student Breakfast...\$1.75
 Adult Lunch.....\$4.00
 Adult Breakfast.....\$2.25

All Meals include a choice of Skim or 1% White Milk or Skim Flavored Milk





All breads & grains are whole grain rich for better health!



Also available daily for \$1.00 are snacks which meet the CT Healthy Food Guidelines

Bottled water is available for \$1.00
 Fresh Fruit is 50¢



Monday, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6	Friday, June 7
<p><u>Choose one</u></p> <p>1. Crispy Popcorn Chicken Seasoned Noodles</p> <p>2. Hot dog on a Roll</p> <p>3. Deluxe Pizza Slice*</p> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Fresh Pears & other assorted fruit</p>	<p>Tex Mex Tuesday!</p> <p><u>Choose one</u></p> <p>1. Corn Dog Nuggets Baked French Fries</p> <p>2. Cheeseburger</p> <p>3. Deluxe Pizza Slice*</p> <p><u>Choose up to Three</u></p> <p>BBQ Baked Beans Fresh Baby Carrots Raisins & other assorted fruit</p>	<p><u>Choose one</u></p> <p>1. Pizza Bites Marinara Sauce</p> <p>2. Baked Chicken Tenders</p> <p>3. Deluxe Pizza Slice*</p> <p><u>Choose up to Three</u></p> <p>Seasoned Broccoli Fresh Baby Carrots Apples & other assorted fruit</p>	<p><u>Choose one</u></p> <p>1. French Toast Sticks Sausage Links</p> <p>2. Cheeseburger</p> <p>3. Deluxe Pizza Slice*</p> <p><u>Choose up to Three</u></p> <p>Baked Tater Tots Fresh Baby Carrots Strawberries & other assorted fruit</p>	<p><u>Choose one</u></p> <p>1. Mozzarella Sticks Baked Potato Puffs</p> <p>2. Hot dog on a Roll</p> <p>3. Deluxe Pizza Slice*</p> <p><u>Choose up to Three</u></p> <p>Fresh Salad Fresh Baby Carrots Fresh Oranges & other assorted fruit</p>
<p>Monday, June 10</p> <p><u>Choose one</u></p> <p>1. Chicken Nuggets Macaroni and Cheese</p> <p>2. Hot dog on a Roll</p> <p>3. Deluxe Pizza Slice*</p> <p><u>Choose up to Three</u></p> <p>Fresh Green Beans Fresh Baby Carrots Fresh Pears & other assorted fruit</p>	<p>Tuesday, June 11</p> <p>Tex Mex Tuesday!</p> <p><u>Choose one</u></p> <p>1. Nacho Grande</p> <p>2. Cheeseburger</p> <p>3. Deluxe Pizza Slice*</p> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Sliced Peaches & other assorted fruit</p>	<p>Wednesday, June 12</p> <p><u>Choose one</u></p> <p>1. Mozzarella Sticks Baked Potato Puffs</p> <p>2. Hot dog on a Roll</p> <p>3. Deluxe Pizza Slice*</p> <p><u>Choose up to Three</u></p> <p>Choice of Vegetables Fresh Baby Carrots Fresh Oranges & other assorted fruit</p>	<p>Thursday, June 13</p> <p>Half Day! Bagged Lunch</p> <p> Lunch</p> <p>Yogurt String Cheese Fresh Bagel Choice of Fruit Baby Carrots Choice of Milk Mini Rice Krispie Treat</p>	 <p>SUMMER VACATION</p>

FRESH SALAD BAR AVAILABLE DAILY!

Make a meal with a "Make Your Own" salad plate for just \$3.75 for students; \$4.75 for adults. (Free & Reduced Prices apply where applicable.)

Price includes your choice of 10 oz of assorted vegetables and protein, with choice of two bread items, fruit and milk.

Want a bigger salad? Add more vegetables and protein for just 25¢ an ounce.

*Free and reduced meal benefits apply.



Did You Know?

Summer meals are free, nutritious meals and snacks that are provided to kids and teens, 18 years of age and younger, throughout the summer when school is out. Meals are made possible through federal nutrition programs, like the National School Lunch Program & Summer Food Service Program. Visit www.ctsummerfood.org and plug in your zip code to find all feeding sites near you ... or dial 2-1-1.

Come join us for Breakfast! Just \$1.75*

- ◆ Fresh Made Bacon & Egg Sandwich
 - ◆ Assorted Muffins
 - ◆ Assorted Cereal
 - ◆ Cinnamon Buns
 - ◆ Breakfast Bars
 - ◆ Pastries
 - ◆ Assorted Bagels with Cream Cheese
- All choices come with Fruit, Juice and Milk

* Students approved for FREE lunch are automatically eligible for FREE Breakfast.

* Breakfast for students approved for REDUCED meals is 20¢.

Still Hungry After 1st Period? Come to the cafeteria for a "Grab & Go" breakfast to bring to your next class! Just \$1.75! (Free & reduced costs apply to only one breakfast per student per day.)

Don't skip the Most Important Meal of the Day!