



January 2019 Parochial



Monday	Tuesday	Wednesday	Thursday	Friday
Fruit Choices include a variety of fresh, canned & 100% fruit juice	1 	2 Breaded Chicken Tenders Roasted Mini Golden Potatoes Broccoli Choice of Fruit	3 Hamburger, Cheeseburger or Veggie Burger on a Whole Wheat Roll Corn Baked Beans Choice of Fruit	4 Pizza Wedge <i>Cheese or Buffalo Chicken</i> Spinach Salad Choice of Fruit
Daily Alternates: Ham & Cheese Sandwich, Bagel Plate, Pretzel & Cheese Sauce				
7 French Toast Sticks Sweet Potato Puffs Sausage Links Choice of Fruit	8 Hot Dog on Roll Baked Beans Oven Fries Choice of Fruit	9 Teriyaki Chicken Rice Broccoli Choice of Fruit	10 Nacho Supreme <i>with Toppings</i> Mexican Black Beans Choice of Fruit	11 Pizza Round <i>Cheese or Pepperoni</i> Roasted Parmesan Green Beans Choice of Fruit
Daily Alternates: Turkey Sandwich, Bagel Plate, Pretzel & Cheese Sauce				
14 Corn Dog Nuggets Oven Roasted Fries Baked Beans Choice of Fruit	15 Popcorn Chicken Mashed Potato with Gravy Broccoli Choice of Fruit	16 1/2 Day <i>No Lunch Served</i>	17 Soft Bread Sticks Meatsauce Green Beans Choice of Fruit	18 French Bread Pizza Spinach Salad Choice of Fruit
Daily Alternates: Tuna Sandwich, Bagel Plate, Pretzel & Cheese Sauce				
21 	22 Cheese Bites Marinara Sauce Pasta Broccoli Choice of Fruit	23 Chicken Patty Sliders Green Beans Choice of Fruit	24 Maple Glazed Pancakes Potato Puffs Sausage Links Choice of Fruit	25 Pizza Round <i>Cheese or Pepperoni</i> Roasted Chickpeas Choice of Fruit
Daily Alternates: Ham & Cheese Sandwich, Bagel Plate, Pretzel & Cheese Sauce				
28 French Toast Sticks Potato Puffs Sausage Links Choice of Fruit	29 Nacho Supreme <i>with Toppings</i> Mexican Black Beans Choice of Fruit	30 Breaded Chicken Tenders Brown Rice Carrots Choice of Fruit	31 Pasta & Meatsauce Celery & Cucumber Sticks Choice of Fruit	Milk is available with all lunches Daily Milk Choices: 1%, Skim, Flavored
Daily Alternates: Turkey Sandwich, Bagel Plate, Pretzel & Cheese Sauce				

Please log onto www.ezschoollpay.com to monitor your child's account or call 860-647-3462

Grades K-6: \$2.35 - Grades 7-8: \$2.60
 Reduced Lunch Price: \$.40
 Adult Lunch Price: \$3.75
 Milk Only: \$.40

