

Breakfast and lunch are currently available to ALL students for FREE until SMART Funds are exhausted.

Brooklyn Public Schools
Breakfast & Lunch Menu
October 2022

Fresh Fruits and Veggies served
Every Day!

10/3 Cheese Quesadilla Zesty Salsa Refried Beans <i>Alt. Cheese Burger</i> Apple Roll	10/4 Pineapple Teriyaki Meatballs w/ Rice Steamed Carrots <i>Alt. Cheese Burger</i> Waffles	10/5 Mini Corn Dogs Green Beans <i>Alt. Cheese Burger</i> Pumpkin Bread	10/6 Chix Penne Alfredo Texas Toast & Steamed Broccoli <i>Alt. Cheese Burger</i> Fruit & Yogurt Parf	10/7 NO SCHOOL
10/10 NO SCHOOL	10/11 BBQ Chicken Flatbread w/ Steamed Broccoli <i>Alt. Chicken Patty</i> Egg & Chs Croissant	10/12 Sausage, Egg & Cheese Bagel Sweet Potato Fries <i>Alt. Chicken Patty</i> French Toast	10/13 Beef & Cheese Nachos w/ Salsa Refried Beans <i>Alt. Chicken Patty</i> Bagel w/ Crm Chs.	10/14 Pizza Pizza!! Tomato Cucumber Salad <i>Alt. Chicken Patty</i> Choc. Chip Muffin
10/17 Cheese Ravioli w/ Meat Sauce, Garlic Bread & Green Beans <i>Alt. Gr. Turkey & Ch</i> Apple Roll	10/18 Chicken Teriyaki Rice Bowl w/ Broccoli <i>Alt.Gr.Turkey & Che</i> Waffles	10/19 Brunch For Lunch French Toast, Sausage & Hash Browns <i>Alt. Gr.Turkey & Ch</i> Pumpkin Bread	10/20 BBQ Rib on a Roll w/ Baked Beans <i>Alt. Gr.Turkey & Ch</i> Fruit & Yogurt Parf	10/21 Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Gr.Turkey & Ch</i> Apple Cinn Muffin
10/24 Rainbow Rice Bowl w/ Chicken Steamed Broccoli <i>Alt. Cheese Burger</i> Cinnamon Roll	10/25 Macaroni & Cheese Dinner Roll & Steamed Carrots <i>Alt. Cheese Burger</i> Egg & Chs Croissant	10/26 Popcorn Chicken & Waffles Oven Baked Fries <i>Alt. Cheese Burger</i> French Toast	10/27 Beef & Cheese Taco Salad Zesty Black Beans <i>Alt. Cheese Burger</i> Bagel w/ Crm Chs.	10/28 Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Cheese Burger</i> Choc Chip Muffin
10/31 Pasta & Meatballs Texas Toast & Steamed Green Beans <i>Alt. Chicken Patty</i> Apple Roll	Sloppy Sloppy Joe on a Roll Steamed Carrots <i>Alt. Chicken Patty</i> Waffles	Brunch For Lunch French Toast, Sausage & Hash Browns <i>Alt. Chicken Patty</i> Pumpkin Bread	Chicken & Smashed Potato Bowl Sweet Corn Niblets <i>Alt. Chicken Patty</i> Fruit & Yogurt Parf	Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Chicken Patty</i> Apple Cinn Muffin

*Menu subject to change without notice. *

FOOD NEWS!

During the transition back to normal school operations in school year 2022-23, EASTCONN Food Services has opted into the School Meals Assistance Revenue for Transition (SMART) funds providing meals (breakfast and lunch) at no cost for all students at the beginning of the school year. Please note that meals at no cost to all students **are unlikely to last all year and are subject to the availability of district funds**. Since the availability of meals at no cost will expire when all funds have been expended, it is critical that households submit a free and reduced-priced meal application as soon as possible to determine a student's eligibility for this school year and avoid unpaid meal charges.

Breakfast



A complete breakfast includes; Whole Grain based Entrée, Milk, Fruit and/or 100% Fruit Juice.



**Alternate Cereal Breakfast
Available Everyday**

Alternate lunches are available daily by request only and include all food group components:

Yogurt Fun Lunch w/
A Sunbutter & jelly sandwich
On whole wheat bread

Lunch

What does a complete lunch include?
Grain, meat/meat alternate, vegetable, fruit & milk
Students are encouraged to select all 5 components!

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

This is an equal opportunity institution

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