

Breakfast: \$1.60 (\$0.30 Reduced)
 Lunch: \$3.25 (\$0.40 Reduced)
 Milk ONLY \$0.60

Hebron Public Schools

Breakfast & Lunch Menu

January 2023

Fresh Fruits, Veggies and Milk served daily!

1/02 NO SCHOOL	1/03 Cheese Quesadilla Salsa and Zesty Black Beans <i>Alt. Cheeseburger</i> Waffles	1/04 Brunch For Lunch Pancakes, Sausage & Hash Browns <i>Alt. Cheeseburger</i> Pumpkin Bread	1/05 Chicken & Smashed Potato Bowl Sweet Corn Niblets <i>Alt. Cheeseburger</i> Yogurt w/ Granola	1/06 Pizza Day!! Pizza Day!! Cucumber Wheels <i>Alt. Cheeseburger</i> Apple Cinn Muffin
1/09 Cheese Ravioli w/ Meatsauce Garlic Bread & Green Beans <i>Alt. Chicken Patty</i> Cinnamon Roll	1/10 Tangy Sweet & Sour Chicken Rice Bowl w/ Broccoli <i>Alt. Chicken Patty</i> Egg & Chs Bagel	1/11 Brunch For Lunch French Toast, Sausage Patty & Hash Browns <i>Alt. Chicken Patty</i> Pancakes	1/12 BBQ Rib on a Roll w/ Baked Beans <i>Alt. Chicken Patty</i> Bagel w/ Crm Chs	1/13 Pizza Day!! Pizza Day!! Garden Salad w/ Italian Dressing <i>Alt. Chicken Patty</i> Choc Chip Muffin
1/16 No School	1/17 No School	1/18 Popcorn Chicken and Waffles Oven Baked Fries <i>Alt. Grilled Cheese</i> Pumpkin Bread	1/19 Hearty Beef Vegetable Soup served with Dinner Roll <i>Alt. Grilled Cheese</i> Yogurt w/ Granola	1/20 Pizza Day!! Pizza Day!! Garden Salad with Italian Dressing <i>Alt. Grilled Cheese</i> Apple Cinn Muffin
1/23 Cheesy Pull Apart w/ Marinara Dip Cucumber Wheels <i>Alt. Cheeseburger</i> Cinnamon Roll	1/24 Teriyaki Meatballs Brown Rice and Broccoli <i>Alt. Cheeseburger</i> Egg & Chs Bagel	1/25 Sausage Egg & Cheese Bagel Hash Browns <i>Alt. Cheeseburger</i> Pancakes	1/26 Beef Taco Soup topped w/ Cheese Tortilla Chips <i>Alt. Cheeseburger</i> Bagel w/ Crm Cheese	1/27 Pizza Day!! Pizza Day!! Baby Carrots w/ Ranch <i>Alt. Cheeseburger</i> Apple Cinn Muffin
1/30 Macaroni & Cheese w/ Dinner Roll Steamed Carrots <i>Alt. Chicken Patty</i> Apple Roll	1/31 Sloppy Sloppy Joe on a Roll Creamy Coleslaw <i>Alt. Chicken Patty</i> Waffles	2/1 Crispy Chicken Patty Waffle Sandwich w/ side of Maple Syrup <i>Alt. Chicken Patty</i> Pumpkin Bread	2/2 Beef and Cheese Tater-Tot Casserole <i>Alt. Chicken Patty</i> Yogurt w/ Granola	2/3 Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Chicken Patty</i> Apple Cinn Muffin

*Menu subject to change without notice. *

Important Food Services Update:

As you know, the Food Services Program opted to participate in School Meals Assistance Revenue for Transition (SMART) funds to provide free meals (breakfast and lunch) at no cost for all students at the start of the school year. As formally communicated last month the SMART funds have been exhausted as of 12/31/2022, and we will return to pre-pandemic operations beginning 1/3/2023. Please submit a Free and Reduced-Priced Meal Application, if you believe your student may be eligible for Free or Reduced Meals to avoid unpaid meal charges.

Meal Prices as of Jan 3, 2023

Breakfast

Full Price \$1.60 / Reduced \$0.30

Lunch

Full Price \$3.25 / Reduced \$0.40

SNAP Assistance

Just so you know, new increased income guidelines went into effect as of October 1, 2022. If you qualify for SNAP assistance, your child automatically qualifies for free school meals. If your children qualify for free school meals or milk, you might also qualify for SNAP (formerly called Food Stamps). SNAP helps people buy food for themselves and their families. SNAP benefits are issued each month on plastic debit cards. You can use SNAP benefits to buy food at major supermarkets, neighborhood grocery stores, online at participating retailers, and some farmers' markets authorized to accept SNAP. Please use this link to access more information. <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/FreeRed/AddendumC.pdf>

We appreciate your patience as we transition back to pre-pandemic operations.

Please feel free to reach out to Heather Plourde at hplourde@eastconn.org if you have any questions.

This is an equal opportunity institution.

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