

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

**Hebron Public Schools**  
 Breakfast & Lunch Menu  
**February 2023**

Fresh Fruits, Veggies and  
 Milk served daily!

1/30 Macaroni & Cheese w/ Dinner Roll Steamed Carrots <i>Alt. Chicken Patty</i>  Apple Roll	1/31 Sloppy Joe on a Roll Creamy Coleslaw <i>Alt. Chicken Patty</i>  Waffles	2/1 Crispy Chicken Patty Waffle Sandwich w/ SP Fries Maple Syrup <i>Alt. Chicken Patty</i>  Pumpkin Bread	2/2 Beef and Cheese Tater-Tot Casserole Dinner Roll <i>Alt. Chicken Patty</i>  Yogurt w/ Granola	2/3 Pizza Day!! Pizza Day!! Garden Salad <i>Alt. Chicken Patty</i>  Apple Cinn Muffin
2/6 Cheese Ravioli w/ Meatballs Marinara Garlic Bread & Green Beans <i>Alt. Hamburger</i>  Cinnamon Roll	2/7 Tangy Sweet & Sour Chicken Rice Bowl w/ Broccoli <i>Alt. Hamburger</i>  Egg & Cheese Bagel	2/8 Brunch For Lunch French Toast, Sausage Patty & Hash Browns <i>Alt. Hamburger</i>  Pancakes	2/9 BBQ Rib on a Roll w/ Baked Beans <i>Alt. Hamburger</i>  Bagel w/ Crm Chs	2/10 Pizza Day!! Pizza Day!! Garden Salad w/ Dressing <i>Alt. Hamburger</i>  Choc Chip Muffin
2/13 Cheesy Pull- a-Part w/ Marinara Dip Garden Salad w/ Ranch <i>Alt. Grilled Cheese</i>  Apple Roll	2/14 Beef & Cheese Nachos w/ Salsa Zesty Refried Beans topped w/ Cheese <i>Alt. Grilled Cheese</i>  Waffles	2/15 Popcorn Chicken and Waffles Oven Baked Sweet Potato Fries <i>Alt. Grilled Cheese</i>  Pumpkin Bread	2/16 Hearty Beef Vegetable Soup served with Dinner Roll <i>Alt. Grilled Cheese</i>  Yogurt w/ Granola	Early Dismissal 2/17 Pizza Day!! Pizza Day!! Garden Salad with Italian Dressing <i>Alt. Grilled Cheese</i>  Apple Cinn Muffin
2/20 <b>NO SCHOOL</b>	2/21 <b>NO SCHOOL</b>	2/22 Brunch for Lunch Saus Egg & Cheese Bagel Hash Browns <i>Alt. Chicken Patty</i>  Pancakes	2/23 Beef Taco Soup topped w/ Cheese Tortilla Chips <i>Alt. Chicken Patty</i>  Bagel w/ Crm Cheese	2/24 Pizza Day!! Pizza Day!! Baby Carrots & Cucumber Slices <i>Alt. Chicken Patty</i>  Choc Chip Muffin
2/27 Cheese Quesadilla Salsa and Sour Cream Zesty Black Beans  <i>Alt. Hamburger</i>  Apple Roll	2/28 Teriyaki Meatballs over Brown Rice Steamed Broccoli  <i>Alt. Hamburger</i>  Waffles	3/1 Crispy Chicken Patty Waffle Sandwich w/ SP Fries Syrup  <i>Alt. Hamburger</i>  Pumpkin Bread	3/2 Chicken Pot Pie Smashed Potato w/ Roll  <i>Alt. Hamburger</i>  Yogurt w/ Granola	3/3 Pizza Day!! Pizza Day!! Garden Salad w/ Dressing <i>Alt. Hamburger</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](mailto:hplourde@eastconn.org) if you have any questions.***

***This is an equal opportunity institution.***

***\*Menu subject to change without notice. \****