December Menu Notes…...

December’s “Harvest of the Month” is fresh roasted vegetables! Roasting brings out the sweetness of the vegetable, helps retain nutrients and gives them a nice crunchy texture on the outside, and soft on the inside. At the elementary schools, we will feature a different fresh vegetable every Tuesday, pasta day. Students can opt to have their veggies served over their pasta with shredded mozzarella cheese and/or marinara sauce. We will still have the option of plain marinara or meat sauce too!

Join us for breakfast! We now offer breakfast programs at the start of each school day at Braeburn, Bugbee, Charter Oak, Webster Hill, Whiting Lane and Wolcott, and also have programs at all middle and high schools. A complete meal is just $1.25 (high school price is $1.50) and includes whole grains, lean proteins, fruit and milk. Take the pressure off getting out the door in the morning and have your child join us for breakfast!

Student lunches are $2.75 at elementary schools and $3.00 at middle and high schools. Families can apply for free or reduced price meals at any time during the school year. Any student who is approved for free or reduced lunch, is automatically eligible for free breakfast.

Thank you for your interest in our program. We look forward to serving you, and have a happy and healthy holiday season!

Trish Molloy, RD, CD-N

Food Service Director

Trish\_molloy@whps.org