

Breakfast and Lunch are currently available to ALL students for FREE

Brooklyn Public Schools  
Breakfast & Lunch Menu  
November 2022

Fresh Fruits, Veggies and Milk served daily!

<p>10/31 <b>Pasta &amp; Meatballs</b> <b>Texas Toast &amp; Steamed Green Beans</b> <i>Alt. Chicken Patty</i></p> <p>Apple Roll</p>	<p>11/1 <b>Sloppy Sloppy Joe on a Roll</b> <b>Steamed Carrots</b> <i>Alt. Chicken Patty</i></p> <p>Waffles</p>	<p>11/2 <b>Brunch For Lunch</b> <b>French Toast, Sausage &amp; Hash Browns</b> <i>Alt. Chicken Patty</i></p> <p>Pumpkin Bread</p>	<p>11/3 <b>Chicken &amp; Smashed Potato Bowl</b> <b>Golden Corn</b> <i>Alt. Chicken Patty</i></p> <p>Fruit &amp; Yogurt Parf</p>	<p>11/4 <b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>Garden Salad</b> <i>Alt. Chicken Patty</i></p> <p>Apple Cinn Muffin</p>
<p>11/7 <b>Cheese Quesadilla</b> <b>Zesty Salsa &amp; Sour Cream Refried Beans</b> <i>Alt. Grilled Cheese</i></p> <p>Apple Roll</p>	<p>11/8 NO SCHOOL</p>	<p>11/9 <b>Sausage, Egg &amp; Cheese Bagel</b> <b>Sweet Potato Fries</b> <i>Alt. Grilled Cheese</i></p> <p>French Toast</p>	<p>11/10 <b>Turkey Feast!!</b> <b>Mashed Potatoes, Gravy, Corn &amp; Roll</b> <b>Cranberry Jelly</b> <i>Alt. Grilled Cheese</i></p> <p>Bagel w/ Crm Chs.</p>	<p>11/11 NO SCHOOL</p>
<p>11/14 <b>Cheese Ravioli w/ Meatballs Marinara</b> <b>Garlic Bread &amp; Green Beans</b> <i>Alt. Cheese Burger</i></p> <p>Apple Roll</p>	<p>11/15 <b>Tangy Chicken Teriyaki</b> <b>Rice Bowl w/ Broccoli</b> <i>Alt. Cheese Burger</i></p> <p>Waffles</p>	<p>11/16 <b>Brunch For Lunch</b> <b>French Toast, Egg or Sausage Patty &amp; Hash Browns</b> <i>Alt. Cheese Burger</i></p> <p>Pumpkin Bread</p>	<p>11/17 <b>BBQ Rib on a Roll</b> <b>w/ Baked Beans</b> <i>Alt. Cheese Burger</i></p> <p>Fruit &amp; Yogurt Parf</p>	<p>11/18 <b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>Garden Salad</b> <i>Alt. Cheese Burger</i></p> <p>Apple Cinn Muffin</p>
<p>11/21 <b>Popcorn Chicken &amp; Waffles</b> <b>Oven Baked Fries</b> <i>Alt. Chicken Patty</i></p> <p>Cinnamon Roll</p>	<p>11/22 <b>Macaroni &amp; Cheese Dinner Roll</b> <b>Steamed Carrots</b> <i>Alt. Chicken Patty</i></p> <p>Egg &amp; Cheese Croissant</p>	<p>11/23 <b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>Zesty Broccoli Salad</b> <i>Alt. Chicken Patty</i></p> <p>French Toast</p>	<p>11/24 </p>	<p>11/25 </p>
<p>11/28 <b>Sloppy Sloppy Joe on a Roll</b> <b>Baby Carrots with Ranch</b> <i>Alt. Grilled Cheese</i></p> <p>Apple Roll</p>	<p>11/29 <b>Pineapple Teriyaki</b> <b>Meatballs w/ Brown Rice and Broccoli</b> <i>Alt. Grilled Cheese</i></p> <p>Waffles</p>	<p>11/30 <b>Brunch For Lunch</b> <b>Pancakes, Sausage &amp; Hash Browns</b> <i>Alt. Grilled Cheese</i></p> <p>Pumpkin Bread</p>	<p>12/1 <b>Chicken &amp; Smashed Potato Bowl</b> <b>Sweet Corn Niblets</b> <i>Alt. Grilled Cheese</i></p> <p>Fruit &amp; Yogurt Parf</p>	<p>12/2 <b>Pizza Day!!</b> <b>Pizza Day!!</b> <b>Garden Salad</b> <i>Alt. Grilled Cheese</i></p> <p>Apple Cinn Muffin</p>

**Important Food Services Update:**

**As you know, the Food Services Program opted to participate in School Meals Assistance Revenue for Transition (SMART) funds to continue providing meals (breakfast and lunch) at no cost for all students at the start of the school year. As previously communicated, these funds will not last all year, and the availability of meals at no cost will expire once all funds have been expended. Funds are being closely monitored, and a thirty-day advanced notice will be communicated before returning to full pay for those that do not qualify for free or reduced meals. If you believe your student may be eligible for Free or Reduced Meals, households must 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 once the program returns to pre-pandemic operations.**

**Please get in touch with Heather Plourde at [hplourde@eastconn.org](mailto:hplourde@eastconn.org) if you have any questions.**

# Breakfast



**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



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

What does a complete lunch include?

Grain, meat/meat alternate, vegetable, fruit & milk

Students are encouraged to select all 5 components!