

Harwinton Consolidated School and Lake Garda School

NUTRITIONAL INTEGRITY OF THE MENU

Our goal at Region #10 is to keep improving the nutritional integrity of the choices offered in our school cafeterias while continuing to satisfy our customers. To meet this challenge, we have taken several steps: Products offered meet the healthy eating initiatives outlined by the State of Connecticut. Salads and deli sandwiches are available daily. We have analyzed and made the best choices for our a la carte program. We are increasing fresh fruits and salads and offering low fat dressings.

It is important that we consistently make better food choices at home and away from home while increasing physical activity to improve overall health. Regional School District #10 supports the authority of parents to decide what their children buy during lunch. We encourage you and your child to review daily offerings, including a la carte items.

Our Managers are Certified Professional Food Managers

MEALS

National School Lunch Standards define a school lunch as consisting of:

Entrée (example: Hamburger on a Roll)
 ½ cup Fruit or Apple
 ½ cup Vegetables
 8 oz. Milk

Each day five components are offered: Grain, Protein, Vegetable, Fruit and Milk

Salads are offered every day and include Protein, Grain, Fruit and Milk

Soup & Sandwich is offered every day and includes Fruit and Milk

Main Lunch	\$2.00
Extra Milk	\$0.50
Salad Meal	\$2.00
Soup & Sandwich Meal	\$2.00
Extra Entrée	\$1.50

OTHER ITEMS

Side Order:	
Mashed Potatoes	\$0.50
Rice	\$0.50
Hash Brown	\$0.50
Noodles	\$0.50
Yogurt	\$1.00
Fruit Cup	\$0.50
Apple (Local Farm)	\$0.50
Dessert (Baked Good)	\$0.50
Jell-O	\$0.50
Cookie	\$0.30
Bread/Roll	\$0.30
Milk: Chocolate, 1%, Skim, Strawberry	\$0.50
Water, 8 oz.	\$0.75
100% Juices, 4 oz.	\$0.50

Snacks & Ice Cream (offered once a week)

A la Carte Healthy Snacks	\$1.00
Ice Cream	\$1.00
Sherbet	\$0.50

To create a free, secured account or to make payments to student lunch accounts, visit www.MyPaymentsPlus.com or call 866-459-2031. Student ID numbers can be obtained by calling 877-237-0946.