

Har-Bur Middle School and Lewis Mills High 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, deli sandwiches and/or wraps 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 Cafeteria Managers are Certified Professional Food Managers

MEALS

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

Entrée (example: Hamburger or Slice of Pizza, or Main Entrée)

½ cup Fruit or Apple

½ cup Vegetables

8 oz. Milk

Salad comes with a choice of protein: Chicken Salad, Tuna Salad, Ham Cubes, or Cheese

Main Lunch	\$2.25
Extra Milk	\$0.50
Salad Meal-Student	\$2.25
Pizza Meal	\$2.25
Sandwich Meal	\$2.25
Hamburger/Hot Dog Meal	\$2.25
Specialty Grill Meal	\$2.25

A LA CARTE PRICES

Entrée Item Only	\$2.00
Salad	\$2.00
Slice of Pizza	\$2.00
Quesadilla	\$2.00
Sandwich	\$2.00
Hot Dog/Hamburger	\$2.00
Specialty Grill Item	\$2.00
Soup, 12 oz.	\$2.00
Side of Veggies	\$0.75
Ice Cream, Premium	\$1.25
Ice Cream, Regular	\$1.00
Yogurt Cup, 6 oz.	\$1.00
Bagel	\$1.75
Bagel with Cream Cheese	\$2.00
Muffin	\$1.50
Extra Roll/Bread	\$0.50
Fresh Fruit	\$0.75
Pop Tarts	\$0.75
Pudding Cup	\$0.60
Rice Krispie Treat (small)	\$0.50
Rice Krispie Treat (large)	\$1.00
Fruit Snacks	\$0.50
3 Chocolate Chip Cookies (LSM Only)	\$1.50
Packaged Cookies	\$1.00
All Chips (Baked)	\$1.00
Spring Water, 16 oz.	\$1.25
Spring Water, 8 oz.	\$0.75
100% Fruit Juice, 12-16 oz.	\$1.50
V8 Fusion Fruit/Vegetable Juice	\$1.50
100% Fruit Juice (Carbonated), 8 oz.	\$1.25
Juice, 4 oz.	\$0.50
Crystal Light Packet (LSM Only)	\$0.50
Milk: Chocolate, 1%, Skim, or Strawberry	\$0.50
Dutch Chocolate Milk, 16 oz.	\$1.25
Soy Milk	\$1.25

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.