


LUNCH MENU* Elementary School

	August 30	August 31	1	2	<u>Average Weekly Nutrients</u> Calories 687 Cholesterol 41 mg Total Fat 18.2g/22.46 Protein 36.46g/19.86% Carbohydrates 109.76/59.70 Sat. Fat 5.23g/6.4%	<u>Daily Sandwich Choices in All Schools</u> Choice of bread: Whole Grain, Kaiser Roll, whole grain bread Sliced turkey, tuna salad, American cheese, peanut butter and jelly. Tortilla Vegetable Wrap offered daily. Fresh cut carrot sticks served daily in all schools. Two 4 oz. Yogurt may be selected as a lunch alternate. Second entrée available for \$2.35. MS/HS-may purchase bagel w/cream cheese/butter w/protein, milk, vegetable and fruit for \$3.00. Pizza Meals offered daily. Freshly made Chef Salad available daily upon request at Jackson, Cantiague, and Seaman. With Lunch a student may select Fat-Free Chocolate, 1% White, Skim Milk. Poland Spring Water available Ala carte for \$1.25 ***NOW AVAILABLE*** <u>Lunch Prices</u> Elementary \$3.00 MS/HS \$3.00 Milk \$.50 SUGGESTIONS WELCOME! Tracy Gilet Director of Food Service 203-3600 ext. 3258 This institution is an equal opportunity provider and employer. <u>Scholar Connect:</u> Online Payments and account information available at www.Scholarconnect.com .
	Whole Grain Pizza Chick Pea Salad with Cucumber & Tomato Orange Slices	Chicken Patty on a Whole Grain Bun Golden Corn Fruit	Homemade Tacos Soft or Hard Shells Shredded Lettuce, Salsa Brown Rice, Red Beans Fruit	No Lunch		
5	6	7	8	9	<u>Average Weekly Nutrients</u> Calories 684 Cholesterol 53mg Total Fat 18.1g/23.9% Protein 34.7g/20.3% Carbohydrates 99.1 g/58.0% Sat. Fat 5.8g/9.4%	
School closed	Crispy Popcorn Chicken Brown Rice Steamed Broccoli Fruit	100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fruit	Pizza Bagel Home Made Green Bean Salad W/Fresh Potatoes Fruit	Chicken Parmigiana Whole Grain Bun Golden Corn Fruit		
12	13	14	15	16	<u>Average Weekly Nutrients</u> Calories 661 Cholesterol 116 mg Total Fat 16.5g/22.5% Protein 32.5g/19.7% Carbohydrates 96.5g/58.4% Sat. Fat 5.1g/7.0%	
<u>Brunch For Lunch</u> Egg Patty French Toast Sticks W/Syrup Baby Carrots Fruit	Pasta W/Homemade Marinara Sauce or Bolognese Sauce Italian Bread Roasted Red Peppers Apple Slices	Nacho Grande Taco Meat, Tortilla Chips Shredded Cheese ,Lettuce, Salsa, Red Kidney Beans Corn Fresh Apple	Crispy Popcorn Chicken Brown Rice Sautéed Spinach W/Garlic Peach Cup	Ellio's Style Pizza Three Bean Salad Orange Juice Fresh Pear		
19	20	21	22	23	<u>Average Weekly Nutrients</u> Calories 663 Cholesterol 39 mg Total Fat 17.1g/22.5% Protein 32.5g/19.4% Carbohydrates 98.0 g/58.5% Sat. Fat 5.1g/7.0%	
Chicken Patty On A Whole Grain Bun Brown Rice Broccoli Crowns Strawberry Cup	Turkey Hot Dogs On a Whole Grain Bun Baked Fries Fresh Pear	Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Sautéed Broccoli Fresh Apple	Taco Soft or Hard Shell Shredded Lettuce, Salsa Brown Rice, Red Beans Fresh Fruit	Ellio's Style Pizza Chickpea Salad Fresh Apple		
26	27	28	29	30	<u>Average Weekly Nutrients</u> Calories 643 Cholesterol 69 mg Total Fat 19.9g/27.8% Protein 32.2g/20.0% Carbohydrates 84.5 g/52.6% Sat. Fat 6.8g/9.6%	
Grilled Cheese Carrot & Celery Sticks Bean Salad Fresh Pear	100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Tater Tots Carrot Sticks Fruit	Pasta Ala Teresa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Broccoli Carrot Sticks Apple Sauce Cup	Open Face White Meat Turkey Gravy On Whole Grain Bread Mashed Potatoes Slice Peaches	Ellio's Style Pizza Homemade Green Bean Salad Carrot Sticks Fresh Apple		