

JERICO PUBLIC SCHOOLS
LUNCH MENU* Elementary Schools



April 2017



SUBJECT TO CHANGE

<p>3 Brunch For Lunch French Toast Sticks W/Syrup Egg Patty Carrots Coins Fruit</p>	<p>4 Whole Grain Chicken Nuggets Macaroni & Cheese Steamed Broccoli Sliced Apple</p>	<p>5 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Bread Cucumber Slices Peach Cup</p>	<p>6 Charbroiled Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fruit</p>	<p>7 Pizzeria Style Pizza Three Bean Salad Orange Slices</p>	<p>Average Weekly Nutrients <i>Calories 665</i> <i>Cholesterol 102 mg</i> <i>Total Fat 18.1 g/24.5 %</i> <i>Protein 34.6g/20.8 %</i> <i>Carbohydrates 92.3 g/55.5%</i> <i>Sat. Fat 5.9 g/8.0%</i></p>	<p><u>Daily Sandwich Choices</u> <u>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. 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 WOWBUTTER & JELLY. ***NOW AVAILABLE*** <u>Lunch Prices</u> <i>Elementary \$3.00</i> <i>MS/HS \$3.00</i> <i>Milk \$.50</i> 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.</p>
<p>10 No school</p>	<p>11 No school</p>	<p>12 No school</p>	<p>13 No school</p>	<p>14 No school</p>	<p>Average Weekly Nutrients</p>	
<p>17 No school</p>	<p>18 No school</p>	<p>19 Grilled Cheese Baked Tater Tots Fruit</p>	<p>20 Meatball Hero Homemade Marianna Sauce Fresh Carrots & Celery Sticks Fruit</p>	<p>21 Pizzeria Style Pizza Green Bean Salad Fruit</p>	<p>Average Weekly Nutrients <i>Calories 604</i> <i>Cholesterol 36 mg</i> <i>Total Fat 16.2 g/24.2%</i> <i>Protein 32.0g/21.2%</i> <i>Carbohydrates 84.5 g/55.9%</i> <i>Sat. Fat 6.5 g/9.6%</i></p>	
<p>24 Turkey Hot Dog Whole Grain Bun Baked Tater Tots Fruit</p>	<p>25 Tacos Soft or Hard Shells Salsa, Cheese Salad Cup Fruit</p>	<p>26 Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Broccoli Florets/Ranch Dressing Fruit</p>	<p>27 Brunch For Lunch Pancakes W/Syrup Egg Patty Veggie Cup Fruit</p>	<p>28 Pizzeria Style Pizza Chick Pea Salad Fruit</p>	<p>Average Weekly Nutrients <i>Calories 640</i> <i>Cholesterol 72 mg</i> <i>Total Fat 19.2 g/27.0 %</i> <i>Protein 27.5 g/17.2 %</i> <i>Carbohydrates 91.0 g/56.7 %</i> <i>Sat. Fat 5.6 g/7.9%</i></p>	
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