



December 2016

SUBJECT TO CHANGE

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|---|---|---|---|--|--|---|
|  |  | | <p>1</p> <p>Brunch For Lunch Egg Patty Pancakes W/Syrup Carrot Coins Fruit</p> | <p>2</p> <p>No School Elementary</p> | <p><u>Average Weekly Nutrients</u></p> <p>December 1 is included with analysis below for week of 12/5-12/9</p> | <p><u>Daily Sandwich Choices in All Schools</u></p> <p>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.</p> <p>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.</p> <p>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</p> <p>***NOW AVAILABLE***</p> <p><u>Lunch Prices</u> Elementary \$3.00 MS/HS \$3.00 Milk \$.50</p> <p>SUGGESTIONS WELCOME! Tracy Gilet Director of Food Service 203-3600 ext. 3258</p> <p>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>5</p> <p>Chicken Teriyaki Wonder Bites Brown Rice Red Beans Fruit</p> | <p>6</p> <p>Whole Grain Chicken Nuggets Quinoa Golden Corn Fruit</p> | <p>7</p> <p>Whole Grain Pasta Home Made Marinara Sauce Cheese Cup Broccoli Crowns Fruit</p> | <p>8</p> <p>100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fruit</p> | <p>9</p> <p>Pizzeria Style Pizza Sautéed Spinach W/Garlic Fruit</p> | <p><u>Average Weekly Nutrients</u></p> <p>Calories 595 Cholesterol 75 mg Total Fat 14.4 g/21.7% Protein 31.5g/21.2% Carbohydrates 86.6 g/58.2% Sat. Fat 4.6 g/7.0%</p> | |
| <p>12</p> <p>Brunch For Lunch Egg Patty Pancakes W/Syrup Veggie Cup Applesauce</p> | <p>13</p> <p>Meatball Hero Chickpea Salad Sautéed Spinach W/ Garlic Fruit</p> | <p>14</p> <p>Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup/Fat Free Dressing Fruit</p> | <p>15</p> <p>Chicken Parmigiana On a Bun Cauliflower Mashed Potato Fruit</p> | <p>16</p> <p>Ellio's Style Pizza Salad Cup Fat Free Dressing Fruit</p> | <p><u>Average Weekly Nutrients</u></p> <p>Calories 663 Cholesterol 96 mg Total Fat 17.4 g/23.6% Protein 34.2 g/20.6% Carbohydrates 95.4g/57.5% Sat. Fat 5.3g/7.2%</p> | |
| <p>19</p> <p>Turkey Hot Dog Whole Grain Bun Sweet Potato Fries Fruit</p> | <p>20</p> <p>Whole Grain Pizzeria Style Pizza Three Bean Salad Fruit</p> | <p>21</p> <p>Whole Grain Spaghetti W/Meatballs Whole Grain Italian Bread Spring Salad W/Tomato & Carrots Fruit</p> | <p>22</p> <p>Crispy Popcorn Chicken Brown Rice Sautéed Spinach Corn Fruit</p> | <p>23</p> <p>Pizza Bagel Chick Pea Salad Fruit</p> | <p><u>Average Weekly Nutrients</u></p> <p>Calories 637 Cholesterol 37 mg Total Fat 17.2 g/24.3% Protein 32.3g/20.3% Carbohydrates 91.3g/57.3% Sat. Fat 5.0 g/7.1%</p> | |
| <p>26</p> <p>School Closed</p> | <p>27</p> <p>School Closed</p> | <p>28</p> <p>School Closed</p> | <p>29</p> <p>School Closed</p> | <p>30</p> <p>School Closed</p> | | |