



LUNCH MENU* Middle/High School

			<p>1 100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fruit</p> <hr/> <p>Baked Mac & Cheese Broccoli</p>	<p>2 Pizza Bagel Kale Salad Fruit</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. Pizza Meals offered daily. <u>Freshly made Chef Salad</u> 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> <i>Elementary</i> \$3.00 <i>MS/HS</i> \$3.00 <i>Milk</i> \$.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.</p>
<p>5 Hummus Tomato & Cucumber Shredded Carrots Pita Bread Fruit</p> <hr/> <p>Veggie Burger</p>	<p>6 Chicken Patty On A Bun W/Lettuce & Tomato Fruit</p> <hr/> <p>Chicken Souvlaki W/Red Peppers & Onions Flat Bread</p>	<p>7 Penne Pasta W/Homemade Marinara Sauce Meatballs Seasoned Carrots Applesauce</p>	<p>8 Beef Fajita Salsa, Guacamole & A Flat Bread Fruit</p>	<p>9 Roasted Chicken Oven Baked Potatoes Fruit</p>	
<p>12 Grilled Cheese Broccoli Slaw Fruit</p> <hr/> <p>Turkey Hot Dogs</p>	<p>13 Whole Grain White Meat Chicken Nuggets Dipping Sauce Tater Tots Fruit</p>	<p>14 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup/Fat Free Dressing Fruit</p>	<p>15 Chicken Fajita Black Bean Corn Salad Pita Bread Fruit</p> <hr/> <p>Homemade Chicken Salad On A Kaiser Roll</p>	<p>16 Pizza Bagel Garbanzo Bean Salad Fruit</p>	
<p>19 White Meat Popcorn Chicken Brown Rice Sautéed Spinach w/ Garlic Fruit</p> <hr/> <p>Veggie Burger On A Bun</p>	<p>20 Egg Patty On A Bun American Cheese Oven Baked Fries Fruit</p> <hr/> <p>Sloppy Joe</p>	<p>21 Spaghetti W/Meatballs Whole Grain Italian Bread Lettuce & Tomato Cup Fruit</p>	<p>22 White Meat Chicken Parmigiana W/Homemade Marinara Sauce Mozzarella Cheese Black Bean Corn Salad Fruit</p>	<p>23 Pizza Bagel Seasoned Tomatoes Fruit</p>	
<p>26 SCHOOL CLOSED</p>	<p>27 SCHOOL CLOSED</p>	<p>28 SCHOOL CLOSED</p>	<p>29 SCHOOL CLOSED</p>	<p>30 SCHOOL CLOSED</p>	