

		1 Pasta Ala Rosa Homemade Meat or Marinara Sauce Broccoli Cup W/Ranch Dressing Fruit	2 Chicken Parmigiana Hero Golden Corn Fruit	3 Pizzeria Style Pizza Three Bean Salad Fruit	<u>Average Weekly Nutrients</u> Calories 649 Cholesterol 66 mg Total Fat 16.0 g/22.2% Protein 33.9g/20.9% Carbohydrates 92.7 g/57.1% Sat. Fat 4.5 g/6.3%	<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. <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 WOWBUTTER & JELLY. ***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 .
6 Grilled Cheese Sautéed Spinach W/Garlic Fruit	7 Charbroiled Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fruit	8 Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Sautéed Broccoli Fruit	9 Meatball Hero Fresh Carrots & Celery Sticks Fruit	10 Pizzeria Style Pizza Chick Pea Salad Fruit	<u>Average Weekly Nutrients</u> Calories 623 Cholesterol 43 mg Total Fat 17.7 g/25.6% Protein 34.7g/22.3% Carbohydrates 83.2 g/53.5% Sat. Fat 6.5 g/9.5%	
13 Turkey Hot Dog Whole Grain Bun Baked Tater Tots Fruit	14  <u>Brunch For Lunch</u> Pancakes W/Syrup Carrots Cheese Cup Fruit	15 Whole Grain Spaghetti W/Meatballs Homemade Marinara Sauce Salad Cup Fruit	16 Whole Grain Chicken Nuggets Macaroni & Cheese Roasted Broccoli Fruit	17 Pizza Bagel Homemade Green Bean Salad Fruit	<u>Average Weekly Nutrients</u> Calories 624 Cholesterol 52 mg Total Fat 18.2 g/26.2% Protein 32.0 g/20.5% Carbohydrates 86.7 g/55.6% Sat. Fat 6.3 g/9.1%	
20 SCHOOL CLOSED	21 SCHOOL CLOSED	22 SCHOOL CLOSED	23 SCHOOL CLOSED	24 SCHOOL CLOSED		
27 Whole Grain Chicken Nuggets Couscous Golden Corn Fruit	28 Roasted Turkey Breast W/Gravy Stuffing Broccoli Fruit				<u>Average Weekly Nutrients</u> Calories 639 Cholesterol 63 mg Total Fat 17.5 g/24.7% Protein 34.0g/21.3% Carbohydrates 86.5 g/54.1% Sat. Fat 5.0 g/7.1%	