

# February 2017

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|--|--|---|---|--|---|
|  |  | 1<br>Pasta Ala Rosa<br>Homemade Meat or Marinara Sauce<br>Broccoli Cup W/Ranch Dressing<br>Fruit  | 2<br>Chicken Parmigiana Hero<br>Golden Corn<br>Fruit                    | 3<br>Pizza Bagel<br>Green Bean Salad<br>Fruit                  | <p><b><u>Daily Sandwich Choices in All Schools</u></b><br/>         Choice of bread: Whole Grain, Kaiser Roll ,whole grain bread<br/>         Sliced turkey, tuna salad, American cheese, peanut butter and jelly. Tortilla Vegetable Wrap offered daily. Fresh cut carrot sticks served daily in all schools.<br/>         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.<br/> <u>Freshly made Chef Salad</u> available daily upon request at Jackson, Cantiague, and Seaman.<br/>         With Lunch a student may select Fat-Free Chocolate, 1% White, Skim Milk. Poland Spring Water available. Now available WOWBUTTER &amp; JELLY Sandwich.<br/>         Ala carte for \$1.25<br/> <b>***NOW AVAILABLE***</b><br/> <u>Lunch Prices</u><br/> <i>Elementary</i> \$3.00<br/> <i>MS/HS</i> \$3.00<br/> <i>Milk</i> \$.50<br/> <b>SUGGESTIONS WELCOME!</b><br/> <b>Tracy Gilet</b> Director of Food Service<br/>         203-3600 ext. 3258<br/>         This institution is an equal opportunity provider and employer.<br/> <u>Scholar Connect:</u><br/>         Online Payments and account information available at <a href="http://www.Scholarconnect.com">www.Scholarconnect.com</a>.</p> |
| 6<br>Grilled Cheese Sandwich<br>Carrot & Celery Sticks<br>Fruit<br>Turkey Hot Dogs                 | 7<br>Charbroiled<br>Hamburger OR Veggie<br>Burger<br>On A Whole Grain Bun<br>Corn<br>Fruit   | 8<br>Homemade Baked Ziti<br>(Meatless )<br>Whole Grain Italian Bread<br>Sautéed Broccoli<br>Fruit | 9<br>Meatball Hero<br>Season Carrots<br>Fruit                           | 10<br>Pizza Bagel<br>Chick Pea Salad<br>Carrot Sticks<br>Fruit |   |
| 13<br>Spicy Chicken Patty<br>On A Bun<br>Corn<br>Fruit<br>Roasted Broccoli Wrap<br>With Mozzarella | 14<br> Homemade Tacos<br>Soft or Hard Shells<br>Shredded Lettuce, Salsa<br>Brown Rice, Red Beans<br>Fruit | 15<br>Spaghetti W/Meatballs<br>Homemade Marinara Sauce<br>Salad Cup<br>Fruit                      | 16<br>Roasted Chicken<br>Macaroni & Cheese<br>Green Bean Salad<br>Fruit | 17<br>Pizza Bagel<br>Season Cucumber Slices<br>Fruit           |   |
| 20<br>SCHOOL CLOSED  | 21<br>SCHOOL CLOSED  | 22<br>SCHOOL CLOSED   | 23<br>SCHOOL CLOSED   | 24<br>SCHOOL CLOSED  |   |
| 27<br>Buffalo Chicken Salad Wrap<br>Gold Corn<br>Fruit   | 28<br>Chicken Souvlaki<br>Pepper & Onions<br>Brown Rice<br>Pita<br>Fruit   |   |   |  |   |