



JERICHO PUBLIC SCHOOLS
LUNCH MENU* Middle/High School

January 2017

SUBJECT TO CHANGE

2 School Closed	3 Chicken Fingers Whole Grain Bun Dipping Sauce Corn Fruit	4 Homemade Tacos Soft or Hard Shells Shredded Lettuce, Salsa Brown Rice, Red Beans Fruit	5 Spicy Chicken Patty On A Bun Broccoli Crowns Corn Fruit	6 Turkey Hot Dogs Salad Cup Baked Fries Fruit	<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>
9 Grilled Cheese Carrot & Celery Sticks Broccoli Slaw Fruit <hr/> Veggie Burger On a Bun	10 Chicken Souvlaki W/Red Peppers & Onions Flat Bread Fruit	11 Homemade Baked Ziti (Meatless) Italian Bread Sautéed Spinach W/ Garlic Fruit	12 Chicken Parmigiana Hero Corn Fruit	13 Pizza Bagel Chick Pea Salad Fruit	
16 School Closed	17 Whole Grain Chicken Nuggets Quinoa Golden Corn Fruit	18 Chicken Creaser Wrap Baked Fries Fruit <hr/> Turkey Hot Dogs	19 Meatball Hero Fresh Carrots & Celery Sticks Fruit	20 Pizza Bagel Three Bean Salad Fruit	
23 Hummus Tomato & Cucumber Shredded Carrots Pita Bread Fruit <hr/> Veggie Burger	24 Homemade Chicken Salad On A Kaiser Roll Lettuce & Tomato Fruit <hr/> Chicken Patty On A Bun	25 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup/Fat Free Dressing Fruit	26 100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fruit	27 Pizza Bagel Homemade Green Bean Salad Fruit	
30 White Meat Popcorn Chicken Brown Rice Sautéed Spinach w/ Garlic Fruit	31 Roasted Chicken Oven Baked Potatoes Fruit				

