



**JERICHO PUBLIC SCHOOLS**  
**LUNCH MENU\* Elementary Schools**

# January 2017

**SUBJECT TO CHANGE**

<p>2 SCHOOL CLOSED</p>	<p>3 <b>Brunch For Lunch</b> Egg Patty Pancakes W/Syrup Carrot Coins Fruit</p>	<p>4 Homemade Baked Ziti (Meatless ) Whole Grain Italian Bread Sautéed Broccoli Fruit</p>	<p>5 Chicken Fingers Whole Grain Bun Dipping Sauce Sweet Potato Fries Fruit</p>	<p>6 Pizzeria Style Pizza Sautéed Spinach W/Garlic Fruit</p>	<p><u>Average Weekly Nutrients</u> Calories 618 Cholesterol 83 mg Total Fat 16.3 g/23.7% Protein 31.0g/20.1% Carbohydrates 89.9 g/58.2% Sat. Fat 5.2 g/7.5%</p>	<p><b><u>Daily Sandwich Choices</u></b> <b><u>in All Schools</u></b> 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. 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  <b>***NOW AVAILABLE***</b>  <b>Lunch Prices</b>  <i>Elementary</i> \$3.00  <i>MS/HS</i> \$3.00  <i>Milk</i> \$.50  <b>SUGGESTIONS WELCOME!</b>  <b>Tracy Gilet</b> Director of Food Service  203-3600 ext. 3258  This institution is an equal opportunity provider and employer.  <b>Scholar Connect:</b>  Online Payments and account information available at <a href="http://www.Scholarconnect.com">www.Scholarconnect.com</a>.</p>
<p>9 Turkey Hot Dog Whole Grain Bun Macaroni &amp; Cheese Fruit</p>	<p>10 Crispy Popcorn Chicken Cauliflower Mashed Potatoes Brown Rice Fruit</p>	<p>11 Whole Grain Spaghetti W/Meatballs Whole Grain Italian Bread Salad Cup Fruit</p>	<p>12 Chicken Parmigiana Whole Grain Bun Golden Corn Fruit</p>	<p>13 Pizzeria Style Pizza Chick Pea Salad Fruit</p>	<p><u>Average Weekly Nutrients</u> Calories 717 Cholesterol 47 mg Total Fat 20.2 g/25.4% Protein 35.9g/20.0% Carbohydrates 100.3 g/56.0% Sat. Fat 6.0 g/7.5%</p>	
<p>16 SCHOOL CLOSED</p>	<p>17 Chicken Teriyaki Wonder Bites Red Beans Fruit</p>	<p>18 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Broccoli Fruit</p>	<p>19 Meatball Hero Fresh Carrots &amp; Celery Sticks Fruit</p>	<p>20 Whole Grain Pizzeria Style Pizza Three Bean Salad Fruit</p>	<p><u>Average Weekly Nutrients</u> Calories 594 Cholesterol 62 mg Total Fat 12.5 g/18.9% Protein 34.0g/22.9% Carbohydrates 87.3 g/58.8% Sat. Fat 4.5 g/6.9%</p>	
<p>23 <b>Brunch For Lunch</b> Egg Patty Pancakes W/Syrup Carrot Sticks Fruit</p>	<p>24 Grilled Cheese Bean Salad Fresh Carrot &amp; Celery Sticks Fruit</p>	<p>25 Whole Grain Pasta Homemade Marinara Sauce Cheese Cup Broccoli Crowns Fruit</p>	<p>26 100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fruit</p>	<p>27 Pizza Bagel Homemade Green Bean Salad Fruit</p>	<p><u>Average Weekly Nutrients</u> Calories 583 Cholesterol 80 mg Total Fat 17.4 g/26.9% Protein 28.3g/19.4% Carbohydrates 80.8 g/55.5% Sat. Fat 6.4 g/9.9%</p>	
<p>30 Chicken Teriyaki Wonder Bites Brown Rice Fruit</p>	<p>31 Whole Grain Chicken Nuggets Quinoa Golden Corn Fruit</p>				<p><u>Average Weekly Nutrients</u> Calories 651 Cholesterol 55 mg Total Fat 12.0 g/16.6% Protein 36.0 g/22.1% Carbohydrates 99.4 g/61.1% Sat. Fat 2.9 g/4.0%</p>	

