




			<p>1</p> <p>Tacos Soft or Hard Shells Shredded Lettuce, Salsa Brown Rice Fruit</p>	<p>2</p> <p>Pizza Chick Pea Salad Fruit</p>	<p>Average Weekly Nutrients</p> <p>Calories 683 Cholesterol 52 mg Total Fat 19.7 g/25.9 % Protein 37.2 g/21.8 % Carbohydrates 91.2 g/53.4% Sat. Fat 6.4 g/8.5%</p>	<p>Daily Sandwich Choices in All Schools</p> <p>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 Now available WOWBUTTER & JELLY. ***NOW AVAILABLE***</p>
<p>5</p> <p>Grilled Cheese Sautéed Spinach W/Garlic Fruit</p>	<p>6</p> <p>Teriyaki Chicken Wonder Bites Dippers Brown Rice Corn Fruit</p>	<p>7</p> <p>Whole Grain Pasta W/Meatballs Homemade Marinara Sauce French Bread Salad Cup Fruit</p>	<p>8</p> <p>Whole Grain Chicken Nuggets Macaroni & Cheese Fresh Carrot & Celery Sticks Fruit</p>	<p>9</p> <p>Pizza Three Bean Salad Chocolate & Vanilla Dixie Cup Fruit</p>	<p>Average Weekly Nutrients</p> <p>Calories 640 Cholesterol 54 mg Total Fat 17.3 g/24.3 % Protein 35.8 g/22.4 % Carbohydrates 88.1 g/55.1% Sat. Fat 6.1 g/8.5 %</p>	
<p>12</p> <p>Turkey Hot Dog Whole Grain Bun Tater Tots Baked Vegetarian Beans Fruit</p>	<p>13</p> <p>Chicken Strips on a Whole Grain Bun Golden Corn Fruit</p>	<p>14</p> <p>Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Broccoli Fruit</p>	<p>15</p> <p>Meatball Hero Fresh Carrots & Celery Sticks Fruit</p>	<p>16</p> <p>Pizza Green Beans Fruit</p>	<p>Average Weekly Nutrients</p> <p>Calories 623 Cholesterol 82 mg Total Fat 15.4 g/22.2 % Protein 31.0 g/19.9 % Carbohydrates 93.1 g/59.7% Sat. Fat 4.7 g/6.7 %</p>	
<p>19</p> <p>100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Lettuce & Tomato Cup Baked Tater Tots Fruit</p>	<p>20</p> <p>Brunch For Lunch Egg Patty Pancakes W/Syrup Veggie Cup Applesauce</p>	<p>21</p> <p>Early Dismissal</p>	<p>22</p> <p>Early Dismissal</p>	<p>23</p> <p>Last day of School</p>	<p>Average Weekly Nutrients</p> <p>Included above in week of June 12th</p>	
<p>HAVE</p>	<p>A</p>	<p>GREAT</p>	<p>SUMMER</p>			<p>This institution is an equal opportunity provider and employer. Scholar Connect: Online Payments and account information available at www.Scholarconnect.com.</p>

Lunch Prices

Elementary	\$3.00
MS/HS	\$3.00
Milk	\$.50

SUGGESTIONS WELCOME!
Tracy Gilet Director of Food Service
 203-3600 ext. 3258
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