JERICHO PUBLIC SCHOOLS

LUNCH MENU* Elementary Schools

March 2017

SUBJECT TO CHANGE

		1 Pasta Ala Rosa Penne Pasta Homemade Meat or Marinara Sauce Broccoli Cup W/Ranch Dressing Fruit	2 Chicken Fingers W/Dipping Sauce Couscous Corn Fruit	3 Pizzeria Style Pizza Three Bean Salad Fruit	***Average Weekly Nutrients*** *Calories 626* *Cholesterol 70 mg* *Total Fat 16.9 g/24.4%* *Protein 32.9g/21.1%* *Carbohydrates 85.4 g/54.6%* *Sat. Fat 5.0 g/7.1%*
6 Grilled Cheese Sautéed Spinach W/Garlic Fruit	7 Whole Grain Chicken Nuggets Dipping Sauce Steamed Broccoli Fruit	8 Spaghetti W/Meatballs Homemade Marinara Sauce Italian Bread Veggie Cup/Dip Fruit	9 Chicken Parmigiana Hero Three Bean Salad Corn Fruit	10 Pizzeria Style Pizza Chick Pea Salad Fruit	***Average Weekly Nutrients*** *Calories 629* *Cholesterol 47 mg* *Total Fat 20.4 g/29.1%* *Protein 34.0g/21.6%* *Carbohydrates 80.7 g/51.4%* *Sat. Fat 5.9 g/8.4 %*
13 **Brunch For Lunch** Pancakes W/Syrup Cheese Cup Sauté Green Beans Fruit	14 Turkey Hot Dog Whole Grain Bun Baked Tater Tots Fruit	15 Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Carrots & Celery Cup Fruit	16 Meatball Hero Plain Or Parmigiana Homemade Sauce Sautéed Spinach W/Garlic Fruit	17 No Elementary School	***Average Weekly Nutrients*** *Calories 648* *Cholesterol 43 mg* *Total Fat 18.8 g/26.1%* *Protein 30.0 g/18.5 %* *Carbohydrates 92.5 g/52.7%* *Sat. Fat 6.0 g/8.3%*
20 Charbroiled Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fruit	21 Crispy Popcorn Chicken Cauliflower Mashed Potatoes Carrot Sticks Brown Rice Fruit	22 Rotini Pasta W/ Turkey Meatballs Homemade Marinara Sauce Salad Cup Fruit	23 **Brunch For Lunch** French Toast Sticks W/Syrup Cheese Cup Broccoli Fruit	24 Pizza Bagel Homemade Chick Pea Salad Fruit	***Average Weekly Nutrients*** *Calories 636* *Cholesterol 54 mg* *Total Fat 17.5 g/24.8 %* *Protein 32.8 g/20.7%* *Carbohydrates 89.8 g/56.5 %* *Sat. Fat 5.9 g/8.3%*
27 Teriyaki Chicken Wonder Bites Dippers Brown Rice Roasted Broccoli Fruit	28 Chicken Fingers W/Dipping Sauce Macaroni & Cheese Carrot Coins Fruit	29 Whole Grain Penne Pasta Homemade Marinara Sauce Cheese Cup Fresh Cut Carrot Sticks Fruit	30 Tacos Soft or Hard Shells Shredded Lettuce, Salsa Brown Rice Fruit	31 Ellio's Style Pizza Three Bean Salad Fruit	***Average Weekly Nutrients*** *Calories 618* *Cholesterol 50mg* *Total Fat 16.2 g/23.6%* *Protein 34.9 g/22.6 %* *Carbohydrates 85.2 g/55.2 %* *Sat. Fat 5.9 g/8.6 %*

Daily Sandwich Choices in All Schools

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 (Peanut Free) & JELLY.

Lunch Prices

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

SUGGESTIONS WELCOME!

Tracy Gilet Director of Food Service

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