




LUNCH MENU\* Middle/High School

<p>1</p> <p>BBQ Ribs On a Bun Oven Baked Tater Tots Carrot Sticks Fruit</p>	<p>2</p> <p>Grilled Cheese Sandwich Broccoli Slaw Fruit</p> <hr/> <p>Veggie Burger-Cheese</p>	<p>3</p> <p>Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Garden Salad Fruit</p>	<p>4</p> <p>White Meat Chicken Patty On A Bun Cauliflower Mashed Potatoes Fruit</p>	<p>5</p> <p>Roasted Chicken Macaroni and Cheese Sautéed Spinach W Garlic Fruit</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. Pizza Meals offered daily. <b>Now available WOWBUTTER &amp; JELLY.</b></p> <p><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</p> <p>Ala carte for \$1.25 <b>***NOW AVAILABLE***</b></p> <p><u>Lunch Prices</u> Elementary \$3.00 MS/HS \$3.00 Milk \$.50</p> <p><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. <u>Scholar Connect:</u> Online Payments and account information available at <a href="http://www.Scholarconnect.com">www.Scholarconnect.com</a>.</p>
<p>8</p> <p>General Tso's Chicken Brown Rice Carrot Sticks Fruit</p>	<p>9</p> <p>100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fruit</p>	<p>10</p> <p>Penne Pasta Homemade Marinara Sauce Chicken Strips Fresh Carrots Sticks Fruit</p>	<p>11</p> <p>Roasted Chicken Macaroni and Cheese Sautéed Spinach W Garlic Fruit</p>	<p>12</p> <p>Pizza Bagel Black Bean Corn Salad Fruit</p>	
<p>15</p> <p>Chicken Souvlaki W/Red Peppers &amp; Onions Flat Bread Fruit</p>	<p>16</p> <p>Homemade Meat Loaf Cauliflower Mashed Potatoes Carrot Sticks Fruit</p>	<p>17</p> <p>Penne Pasta Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup Fruit</p>	<p>18</p> <p>Chicken Fajita Flat Bread Guacamole Fruit</p> <hr/> <p>Hawaiian Chicken Wrap</p>	<p>19</p> <p>Tacos Soft or Hard Shells Shredded Lettuce, Salsa Brown Rice Fruit</p>	
<p>22</p> <p>Buffalo Chicken Whole Grain Bun Golden Corn Fruit</p>	<p>23</p> <p>Homemade Sloppy Joe On a Bun Golden Corn Fruit</p> <hr/> <p>Spicy Chicken Patty</p>	<p>24</p> <p>Homemade Baked Ziti (Meatless ) Whole Grain Italian Bread Carrot &amp; Celery Cup Fruit</p>	<p>25</p> <p>Teriyaki Chicken Strips Brown Rice Roasted Broccoli Fruit</p>	<p>26</p> <p><b>SCHOOL CLOSED</b></p>	
<p>29</p> <p>SCHOOL CLOSED</p> 	<p>30</p> <p>Whole Grain Chicken Nuggets Macaroni &amp; Cheese Steamed Broccoli Fruit</p>	<p>31</p> <p>Tacos Soft or Hard Shells Shredded Lettuce, Salsa Brown Rice Fruit</p>			