

	<p>1 100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Potato Rounds Lettuce & Tomato Orange Juice</p>	<p>2 Homemade Baked Ziti (Meatless) Italian Bread Sautéed Spinach W/ Garlic Fruit</p>	<p>3 Brunch For Lunch Egg Patty Pancakes W/Syrup Veggie Cup Orange Slice's</p>	<p>4 Whole Grain Pizza Kidney Bean Salad Fresh Fruit</p>	<p><u>Average Weekly Nutrients</u> Calories 659 Cholesterol 73 mg Total Fat 18.4 g/25.1% Protein 33.5g/20.4% Carbohydrates 91.9g/55.8% Sat. Fat 5.4g/7.4%</p>	<p><u>Daily Sandwich Choices 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. 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*** <u>Lunch Prices</u> Elementary \$3.00 MS/HS \$3.00 Milk \$.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>
<p>7 Turkey Hot Dogs Whole Grain Roll Sweet Potato Fries Fruit</p>	<p>8 Superintendent's Conference Day</p>	<p>9 Charbroiled 100 % Beef Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fresh Fruit</p>	<p>10 Homemade Baked Ziti (Meatless) Italian Bread Sautéed Spinach W/ Garlic Fruit</p>	<p>11  School Closed</p>	<p><u>Average Weekly Nutrients</u> Calories 649 Cholesterol 48 mg Total Fat 19.7g/27.3% Protein 30.2g/18.6% Carbohydrates 88.7g/54.6% Sat. Fat 6.2 g/8.6%</p>	
<p>14 Grilled Cheese Sandwich Golden Corn Strawberry Cup</p>	<p>15 Brunch For Lunch Egg Patty French Toast Sticks W/Syrup Carrot Sticks Raisins</p>	<p>16 Rotini Pasta W/ Marinara Sauce Meatballs Whole Grain Italian Bread Roasted Red Peppers Fruit</p>	<p>17 White Meat Chicken Patty on a Bun Cauliflower Mashed Potato Fresh Fruit</p>	<p>18 Whole Grain Pizza Green Bean Salad Fruit</p>	<p><u>Average Weekly Nutrients</u> Calories 666 Cholesterol 71 mg Total Fat 16.4g/22.2% Protein 32.7g/19.6% Carbohydrates 101.3g/60.8% Sat. Fat 5.1g/6.9%</p>	
<p>21 White Meat Chicken Fingers Dipping Sauce Brown Rice Sliced Cucumber Fruit</p>	<p>22 BBQ Beef Ribs On A whole Grain Bun Chick Pea Salad Fresh Fruit</p>	<p>23 Holiday Dinner Turkey Breast Brown Gravy Mashed Potato Stuffing Fruit</p>	<p>24 SCHOOL CLOSED </p>	<p>25 School Closed</p>	<p><u>Average Weekly Nutrients</u> Calories 652 Cholesterol 58 mg Total Fat 17.9 g/24.8% Protein 32.7g/20.1% Carbohydrates 90.6 g/55.6% Sat. Fat 5.7g/7.8%</p>	
<p>28 White Meat Popcorn Chicken Brown Rice Sautéed Spinach W/Garlic Corn Fruit</p>	<p>29 Turkey Hot Dogs Whole Grain Roll Oven Baked Sweet Potato Fries Fruit</p>	<p>30 Pasta Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup/Fat Free Dressing Fruit</p>			<p><u>Average Weekly Nutrients</u> Calories 659 Cholesterol 68 mg Total Fat 19.0 g/25.9% Protein 29.7g/18.0 % Carbohydrates 93.5g/56.8% Sat. Fat 4.7 g/6.4%</p>	