

LUNCH MENU* Middle/High School

	<p>1 Chicken Gordita Oven Baked Tater Tots Fruit</p>	<p>2 Homemade Baked Ziti (Meatless) Italian Bread Sautéed Spinach W/ Garlic Fruit</p>	<p>3 Chicken Parmigiana Hero Corn Fruit <hr/>Chicken Nuggets</p>	<p>4 Pizza Bagel Chickpea Salad Fruit</p>	<p><u>Daily Sandwich Choices</u> <u>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. Pizza Meals offered daily. <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 Ala carte for \$1.25 ***NOW AVAILABLE*** <u>Lunch Prices</u> <i>Elementary</i> \$3.00 <i>MS/HS</i> \$3.00 <i>Milk</i> \$.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 Corn Fruit <hr/>Veggie Burger</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) Whole Grain Italian Bread Sautéed Broccoli Fruit</p>	<p>11  School Closed</p>	
<p>14 Grilled Cheese Carrot & Celery Sticks Bean Salad Fruit</p>	<p>15 Chicken Souvlaki W/Red Peppers & Onions Flat Bread Fruit</p>	<p>16 <u>Holiday Dinner</u> Turkey Breast Brown Gravy Mashed Potato Stuffing Fruit</p>	<p>17 Chicken Patty On a Kaiser Roll Broccoli Slaw Fruit</p>	<p>18 Pizza Bagel Green Bean Salad Fruit</p>	
<p>21 Veggie Burger On A Whole Grain Bun Baked Tater Tots Fresh Fruit <hr/>Egg Patty On A Kaiser</p>	<p>22 BBQ Beef Ribs Chick Pea Salad Fruit</p>	<p>23 No school MS/HS</p>	<p>24 SCHOOL CLOSED </p>	<p>25 SCHOOL CLOSED</p>	
<p>28 Crispy Popcorn Chicken Brown Rice Sautéed Spinach W/Garlic Corn Fruit</p>	<p>29 Homemade Chicken Salad On A Kaiser Roll Lettuce & Tomato Fruit</p>	<p>30 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup/Fat Free Dressing Fruit</p>			