


			<p>1 Taco Soft Or Hard Shell Shredded Lettuce Salsa Brown Rice Fresh Fruit</p>	<p>2 Pizzeria Style Pizza Chick Pea Salad Cucumber Slices Fruit</p> 	<p>Average Weekly Nutrients Calories 683 Cholesterol 52 mg Total Fat 19.7 g/25.9% Protein 37.2g/21.8% Carbohydrates 91.29g/53.4% Sat. Fat 6.4 g/8.5%</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. 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*** Lunch Prices 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. Scholar Connect: Online Payments and account information available at www.Scholarconnect.com.</p>
<p>5 Chicken Teriyaki Wonder Bites Brown Rice Red Beans Fruit</p>	<p>6 Whole Grain Chicken Nuggets Quinoa Golden Corn Fruit</p>	<p>7 Penne Pasta W/ Home Made Marinara Sauce Meatballs Whole Grain Italian Bread Steamed Broccoli Cucumber Slices Fresh Fruit</p>	<p>8 100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fruit</p>	<p>9 Pizzeria Style Pizza Sautéed Spinach W/Garlic Fruit</p>	<p>Average Weekly Nutrients Calories 600 Cholesterol 49 mg Total Fat 14.7 g/22.1% Protein 34.g/22.7% Carbohydrates 84.3g/56.2% Sat. Fat 4.9 g/7.4%</p>	
<p>12 Turkey Hot Dog Whole Grain Bun Oven Baked Tater Tots Fresh Fruit</p>	<p>13 <u>Brunch For Lunch</u> Pancakes W/Syrup Cheese Cup Green Beans Fresh Fruit</p>	<p>14 Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Fresh Carrot & Celery Fresh Fruit</p>	<p>15 Meatball Hero Plain Or Parmigiana Homemade Marinara Sauce Sautéed Spinach W/ Garlic Fresh Fruit</p>	<p>16 School Closed</p>	<p>Average Weekly Nutrients Calories 684 Cholesterol 43 mg Total Fat 18.8 g/26.1% Protein 30.09g/18.5% Carbohydrates 92.5g/52.7% Sat. Fat 6.0 g/8.3%</p>	
<p>19 School Closed</p> 	<p>20 School Closed</p>	<p>21 School Closed</p>	<p>22 School Closed</p>	<p>23 School Closed</p>	<p>Average Weekly Nutrients</p>	
<p>26 Chicken Patty On a Whole Grain Bun Brown Rice Broccoli Crowns Fruit</p>	<p>27 Turkey Hot Dog Whole Grain Bun Oven Baked Fries Fresh Fruit</p>	<p>28 Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Sautéed Broccoli Fresh Fruit</p>			<p>Average Weekly Nutrients Calories 631 Cholesterol 13.66g Total Fat 18.23g Protein 28.80g carbohydrates 90.13% Sat. Fat 5.0g</p>	