

				<p>1</p> <p>Whole Grain Pizzeria Style Pizza Chickpea Salad Fruit</p>	<p>Average Weekly Nutrients</p> <p>Calories 655 Cholesterol 47 mg Total Fat 17.6 g/24.1 % Protein 35.1g/21.4 % Carbohydrates 92 g/56.2% Sat. Fat 6.4g/8.8% (includes 5/29-6/1)</p>	<p>Daily Sandwich Choices in All Schools</p> <p>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.</p> <p>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***</p> <p>Lunch Prices Elementary \$3.00 MS/HS \$3.00 Milk \$.50</p> <p>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>4</p> <p>Turkey Hot Dog Whole Grain Bun Homemade Macaroni & Cheese Fruit</p>	<p>5</p> <p>Grilled Cheese on Whole Grain Bread Baked Tater Tots Orange Slices</p>	<p>6</p> <p>Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Spring Salad -Fat Free Dressing Fruit</p>	<p>7</p> <p>Whole Grain Chicken Nuggets Fresh Carrot & Celery Sticks Fruit</p>	<p>8</p> <p>Nacho Grande Taco Meat, Tortilla Chips Shredded Lettuce, Salsa, Red Kidney Beans Fruit Cup</p>	<p>Average Weekly Nutrients</p> <p>Calories 598 Cholesterol 66 mg Total Fat 16.3 g/24.6 % Protein 33.8g/21.2 % Carbohydrates 82.2g/55.0% Sat. Fat 6.0g/9.0%</p>	
<p>11</p> <p>Chicken Teriyaki Wonder Bites Dippers Steamed Rice Vegetable Medley Fruit</p>	<p>12</p> <p>Crispy Popcorn Chicken Cauliflower Mashed Potatoes Fruit</p>	<p>13</p> <p>Penne Pasta W/ Home Made Marinara Sauce Meatballs Whole Grain Italian Bread Steamed Broccoli Cucumber Slices Fresh Fruit</p>	<p>14</p> <p>Homemade Tacos Soft or Hard Shells Shredded Lettuce, Tomato, Salsa Red Beans Fruit</p>	<p>15</p> <p>Whole Grain Pizzeria Style Pizza Salad Cup Fruit</p>	<p>Average Weekly Nutrients</p> <p>Calories 623 Cholesterol 44 mg Total Fat 15.1 g/21.8 % Protein 34.0g/21.8 % Carbohydrates 90.3 g/58.0% Sat. Fat 4.8g/6.9%</p>	
<p>18</p> <p>Brunch For Lunch French Toast Sticks W/Syrup Canadian Turkey Bacon Broccoli Florets W/Ranch Dressing Fruit</p>	<p>19</p> <p>Pasta Ala Rosa Spaghetti W/Meatballs Homemade Marinara Sauce Whole Grain Italian Bread Salad Cup -Fat Free Dressing Fruit</p>	<p>20</p> <p>½ DAY</p>	<p>21</p> <p>½ DAY</p>	<p>22</p> <p>½ DAY</p>	<p>Average Weekly Nutrients</p> <p>Calories 649 Cholesterol 42 mg Total Fat 20.7 g/28.7 % Protein 32.2g/19.8 % Carbohydrates 87.3 g/53.8% Sat. Fat 5.3g/7.4%</p>	
<p>HAVE</p>	<p>A</p>	<p>GREAT</p>	<p>SUMMER</p>			