

LUNCH MENU* Middle/High School

			1 Nacho Grande Taco Meat, Tortilla Chips Shredded Lettuce, Salsa, Red Kidney Beans Fruit	2 Pizza Bagel Chick Peas Salad Cucumber Slices Fresh Fruit <hr/> Turkey Crumbles Sausage W/Sautéed Onions & Pepper French Fries	<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. <u>Freshly made Chef Salad</u> available daily upon request at Jackson, Cantiguague, 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>
5 Chicken Patty On A Whole Grain Kaiser Roll Homemade Macaroni & Cheese Green Beans Fresh Fruit	6 Powerhouse Chili Season Beef Black Beans Whole Grain Tortilla Cheese Cup Apple Sauce	7 Pasta Ala Rosa Spaghetti Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup-Fat Free Dressing Fruit	8 Turkey Sausage, Egg & Cheese On A Kaiser Roll Tater Tots Fruit <hr/> Meatball Hero	9 Grilled Cheese Sandwich Whole Grain Bread Golden Corn Fresh Veggie Cup Fruit	
12 Pizza Bagel Three Bean Salad Fruit	13 Homemade Tacos Soft or Hard Shells Shredded Lettuce, Salsa Brown Rice, Red Beans Fruit	14 Sheppard's Pie Sautéed Beef Carrots, Peas Onions Mashed Potatoes Fruit	15 Meatball Hero Plain or Parmigiana Chickpea Salad Sautéed Spinach W/ Garlic Fruit	16 Penne Pasta Homemade Meat or Marinara Sauce Whole Grain Italian Bread Roasted Red Peppers Fresh Fruit	
19 Chicken Fajita Onion-Peppers Flat Bread Fruit	20 Oven Roasted Chicken Baked Potato Tots Salad Cup Fruit	21 Chicken Souvlaki Flat Bread Hash Browns Fresh Fruit	22 Taco Hard or Soft Shell Lettuce, Tomato Low Fat Cheddar Cheese Salsa Cup Kidney Beans Fresh Fruit	23 Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Sautéed Spinach W/Garlic Fresh Fruit	
26 Turkey Hot Dog Whole Grain Bun Oven Baked Sweet Potato Fries Fresh Fruit <hr/> Rib Patties On A whole Grain Bun	27 Baked Whole Grain Chicken Nuggets Homemade Macaroni & Cheese Sautéed Spinach Fresh Fruit	28 Penne Pasta Homemade Meat or Marinara Sauce Whole Grain Italian Bread Roasted Red Peppers Fresh Fruit	29 SCHOOL CLOSED	30 SCHOOL CLOSED	