


LUNCH MENU* Middle/High School

	<p>August 29 All Beef Hamburger OR Veggie Burger Chick Pea Salad with Cucumber & Tomato Fresh Fruit</p>	<p>August 30 Chicken Patty on a Whole Grain Bun Golden Corn Fruit</p>	<p>31 Homemade Tacos Soft or Hard Shells Shredded Lettuce, Salsa Brown Rice, Red Beans Fruit</p>	<p>1 Pizza Bagel Chickpea Salad Fresh 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. Now available WOWBUTTER & JELLY. <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>4 School Closed</p>	<p>5 Chicken Nuggets Brown Rice Steamed Broccoli Fruit</p>	<p>6 100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fruit</p>	<p>7 Pizza Bagel Home Made Green Bean Salad W/Fresh Potatoes Fruit</p>	<p>8 Chicken Parmigiana Whole Grain Bun Golden Corn Fruit</p>	
<p>11 Grilled Cheese Baby Carrots Fresh Fruit</p>	<p>12 Pasta W/Homemade Marinara Sauce or Bolognese Sauce Italian Bread Roasted Red Peppers Fresh Fruit</p>	<p>13 Nacho Grande Taco Meat, Tortilla Chips Shredded Cheese ,Lettuce, Salsa, Red Kidney Beans Corn Fresh Fruit</p>	<p>14 Crispy Popcorn Chicken Brown Rice Sautéed Spinach W/Garlic Peach Cup</p>	<p>15 Pizza Bagel Three Bean Salad Orange Juice Fresh Fruit</p>	
<p>18 Chicken Patty On A Whole Grain Bun Brown Rice Broccoli Crowns Fruit Cup</p>	<p>19 Turkey Hot Dogs On a Whole Grain Bun Baked Fries Fresh Fruit</p>	<p>20 Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Sautéed Broccoli Fresh Fruit</p>	<p>21 SCHOOL CLOSED</p>	<p>22 SCHOOL CLOSED</p>	
<p>25 Grilled Cheese Carrot & Celery Sticks Bean Salad Fresh Fruit</p>	<p>26 100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Tater Tots Carrot Sticks Fruit</p>	<p>27 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Broccoli Apple Sauce Cup</p>	<p>28 Open Face White Meat Turkey Gravy On Whole Grain Bread Mashed Potatoes Peach Cup</p>	<p>29 Pizza Bagel Homemade Green Bean Salad Carrot Sticks Fresh Fruit</p>	