

**JERICHO PUBLIC SCHOOLS**  
**LUNCH MENU\* Elementary**



**April 2018**



**SUBJECT TO CHANGE**

2	3	4	5	6		<p><b><u>Daily Sandwich Choices</u></b>  <b><u>in All Schools</u></b>          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  <b>***NOW AVAILABLE***</b>  <b>Lunch Prices</b>  <i>Elementary</i> \$3.00  <i>MS/HS</i> \$3.00  <i>Milk</i> \$.50  <b>SUGGESTIONS WELCOME!</b>  <b>Tracy Gilet</b> Director of Food Service          203-3600 ext. 3258          This institution is an equal opportunity provider and employer.  <b>Scholar Connect:</b>          Online Payments and account information available at <a href="http://www.Scholarconnect.com">www.Scholarconnect.com</a>.</p>
School Closed	School Closed	School Closed	School Closed	School Closed		
9	10	11	12	13	<p><b><u>Average Weekly Nutrients</u></b>  <i>Calories</i> 729  <i>Cholesterol</i> 94 mg  <i>Total Fat</i> 21.7 g/26.8 %  <i>Protein</i> 38.5g/21.1 %  <i>Carbohydrates</i> 98.7 g/54.1%  <i>Sat. Fat</i> 6.6 g/8.2%</p>	
<p><b><u>Brunch For Lunch</u></b>          French Toast Sticks W/Syrup          Turkey Canadian Bacon          Hash Brown Potato          Apple</p>	<p>Popcorn Chicken          Brown Rice          Steamed Spinach          Fruit</p>	<p>Pasta Ala Rosa          Spaghetti          Homemade Marinara Sauce          Meatballs          Whole Grain Italian Bread          Spring Salad -Fat Free Dressing          Fruit</p>	<p>Charbroiled          Hamburger OR Veggie Burger w/Cheese          On A Whole Grain Bun          Homemade Macaroni &amp; Cheese          Broccoli Slaw          Fruit</p>	<p>Nacho Grande          Taco Meat, Tortilla Chips          Shredded Lettuce,          Salsa, Red Kidney Beans          Fruit</p>		
16	17	18	19	20	<p><b><u>Average Weekly Nutrients</u></b>  <i>Calories</i> 652  <i>Cholesterol</i> 70 mg  <i>Total Fat</i> 14.4 g/19.9 %  <i>Protein</i> 35.6g/22.1 %  <i>Carbohydrates</i> 94.9 g/58.2%  <i>Sat. Fat</i> 4.7g/6.5%</p>	
<p>Turkey Hot Dog          Whole Grain Bun          Homemade Macaroni &amp;          Cheese          Corn          Fruit</p>	<p>Chicken Teriyaki          Wonder Bites Dippers          Brown Rice          Broccoli          Fruit</p>	<p>Penne Pasta          Homemade Meat or Marinara Sauce          Whole Grain Italian Bread          Roasted Red Peppers          Fresh Fruit</p>	<p><b><u>Turkey Dinner</u></b>          Turkey Breast          Brown Gravy          Cauliflower Mashed Potato          Stuffing          Applesauce</p>	<p>Meatball Hero          Plain or Parmigiana          Season Red Beans          Fruit</p>		
23	24	25	26	27	<p><b><u>Average Weekly Nutrients</u></b>  <i>Calories</i> 665  <i>Cholesterol</i> 46 mg  <i>Total Fat</i> 18.9 g/25.5 %  <i>Protein</i> 32.8g/19.7 %  <i>Carbohydrates</i> 95.5 g/57.5%  <i>Sat. Fat</i> 6.1 g/8.2%</p>	
<p>Deli Turkey Sandwich          Homemade Macaroni &amp;          Cheese          String Beans          Fruit</p>	<p>Homemade Tacos          Soft or Hard Shells          Shredded Lettuce, Salsa          Brown Rice, Red Beans          Fruit</p>	<p>Penne Pasta          Homemade Marinara Sauce          Meatballs          Whole Grain Italian Bread          Broccoli          Fruit</p>	<p><b><u>Brunch For Lunch</u></b>          French Toast Sticks W/Syrup          Chicken Sausage Patty          Hash Brown Potatoes          Carrots          Fruit</p>	<p>Pizzeria Style Pizza          Homemade Green Bean          Salad          Fresh Apple</p>		
30					<p><b><u>Average Weekly Nutrients</u></b>          Included with week of April 23.</p>	
<p>Baked Whole Grain Chicken          Nuggets          Cauliflower Mashed Potatoes          Sautéed Spinach          Fresh Fruit</p>						