

				1 Chicken Nuggets Macaroni & Cheese Spring Salad Fat Free dressing Fresh Fruit	<u>Average Weekly Nutrients</u> December 1 is included with analysis of December 4-8	<u>Daily Sandwich Choices 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, 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 .
4 Turkey Hot Dog Whole Grain Bun Sweet Potato Fries Fresh Fruit	5 Chicken Fingers Brown Rice Steamed Broccoli Fresh Fruit	6 Whole Grain Spaghetti W/Meatballs Whole Grain Italian Bread Spring Salad W/Tomato & Carrots Fresh Fruit	7 Crispy Popcorn Chicken Brown Rice Sautéed Spinach Corn Fresh Fruit	8 Whole Grain Pizzeria Style Pizza Three Bean Salad Fresh Fruit	<u>Average Weekly Nutrients</u> <i>Calories</i> 650 <i>Cholesterol</i> 49 mg <i>Total Fat</i> 19.74 g/27.33% <i>Protein</i> 33.36g/20.53% <i>Carbohydrates</i> 87.85g/54.05% <i>Sat. Fat</i> 5.53 g/7.66%	
11 <u>Brunch For Lunch</u> Egg Patty French Toast Sticks W/Syrup Hash Brown Potatoes Fresh Fruit	12 Whole Grain Chicken Nuggets Quinoa Steamed Carrots Fresh Fruit	13 Whole Grain Pasta Home Made Marinara Sauce Cheese Cup Broccoli Crowns Fresh Fruit	14 100 % All Beef Hamburger OR Veggie Burger w/Cheese On A Whole Grain Bun Baked Tater Tots Steamed Green Beans Fruit	15 Whole Grain Pizzeria Style Pizza Sautéed Spinach W/Garlic Fresh Fruit	<u>Average Weekly Nutrients</u> <i>Calories</i> 649 <i>Cholesterol</i> 84 mg <i>Total Fat</i> 19.67 g/27.26% <i>Protein</i> 32.78g/20.19% <i>Carbohydrates</i> 89.02g/54.83% <i>Sat. Fat</i> 6.34 g/8.79%	
18 <u>Brunch For Lunch</u> Egg Patty Pancakes W/Syrup Hash Brown Potato Veggie Cup Fresh Fruit	19 Meatball Hero Chickpea Salad Sautéed Spinach W/ Garlic Fresh Fruit	20 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup/Fat Free Dressing Fresh Fruit	21 Chicken Parmigiana On a Bun Cauliflower Mashed Potato Fresh Fruit	22 Whole Grain Pizzeria Style Pizza Salad Cup Fat Free Dressing Fresh Fruit	<u>Average Weekly Nutrients</u> <i>Calories</i> 646 <i>Cholesterol</i> 91 mg <i>Total Fat</i> 18.55g/25.86% <i>Protein</i> 32.42 g/20.09% <i>Carbohydrates</i> 91.59g/56.75% <i>Sat. Fat</i> 5.26g/7.34%	
25 School Closed	26 School Closed	27 School Closed	28 School Closed	29 School Closed		