

JERICHO PUBLIC SCHOOLS
LUNCH MENU*



January 2018

SUBJECT TO CHANGE

<p>1 SCHOOL CLOSED</p>	<p>2 Brunch For Lunch Egg Patty French Toast Stick W/Syrup Veggie Cup/Fat Free Dressing Hash Brown Potatoes Applesauce</p>	<p>3 Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Sautéed Spinach W/Garlic Fresh Fruit</p>	<p>4 100 % All Beef Hamburger OR Veggie Burger w/Cheese On A Whole Grain Bun Potato Rounds Carrot Coins Fruit</p>	<p>5 Whole Grain Pizzeria Style Pizza Three Bean Salad Broccoli Florets Fat Free Dressing Fresh Fruit</p>	<p>Average Weekly Nutrients Calories 686 Cholesterol 88 mg Total Fat 21.8 g/28.6 % Protein 32.3 g/18.8 % Carbohydrates 94.4 g/55.0% Sat. Fat 7.1g/9.3%</p>	<p>Daily Sandwich Choices in All Schools 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 ***NOW AVAILABLE*** Lunch Prices Elementary \$3.00 MS/HS \$3.00 Milk \$.50 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>8 Popcorn Chicken Brown Rice Roasted Broccoli Fresh Fruit</p>	<p>9 Grilled Cheese Sandwich Quinoa Salad Green Beans Fresh Fruit</p>	<p>10 Penne Pasta W/ Home Made Marinara Sauce Meatballs Whole Grain Italian Bread Steamed Broccoli Cucumber Slices Fresh Fruit</p>	<p>11 Chicken Teriyaki Wonder Bites Dippers Brown Rice Seasoned Peas Fresh Fruit</p>	<p>12 Whole Grain Pizzeria Style Pizza Fresh Carrot & Celery Sticks Chick Peas Salad Fat Free Ranch Dressing Fresh Fruit</p>	<p>Average Weekly Nutrients Calories 656 Cholesterol 41 mg Total Fat 15.6 g/21.4 % Protein 35.3 g/21.5 % Carbohydrates 95.1 g/58.0% Sat. Fat 5.2 g/7.1%</p>	
<p>15 SCHOOL CLOSED</p>	<p>16 Meatball Hero Chick Pea Salad Steamed Broccoli Fresh Fruit</p>	<p>17 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Roasted Red Peppers Fresh Fruit</p>	<p>18 Baked Whole Grain Chicken Nuggets Cauliflower Mashed Potatoes Green Beans Fresh Fruit</p>	<p>19 Whole Grain Pizzeria Style Pizza Veggie Cup (Carrots, Celery, Red Peppers) Fat Free Ranch Dressing Fresh Fruit</p>	<p>Average Weekly Nutrients Calories 648 Cholesterol 73 mg Total Fat 17.1 g/23.7 % Protein 36.6 g/22.6 % Carbohydrates 90.3 g/55.8% Sat. Fat 5.2 g/7.2%</p>	
<p>22 Turkey Hot Dog Whole Grain Bun Oven Baked Sweet Potato Fries Fresh Fruit</p>	<p>23 Crispy Popcorn Chicken Golden Corn Tortilla Chips Fruit</p>	<p>24 Rotini Pasta W/ Home Made Marinara Sauce Cheese Cup Whole Grain Italian Bread Carrot Coins Cucumber Slices Fruit</p>	<p>25 Taco Hard or Soft Shell Lettuce, Tomato Low Fat Cheddar Cheese Salsa Cup Kidney Beans Fresh Fruit</p>	<p>26 Whole Grain Pizzeria Style Pizza Sautéed Spinach & Garlic Fresh Fruit</p>	<p>Average Weekly Nutrients Calories 663 Cholesterol 41 mg Total Fat 19.4 g/26.3 % Protein 30.5 g/18.4 % Carbohydrates 95.4 g/57.5% Sat. Fat 6.0 g/8.2 %</p>	
<p>29 Chicken Patty On a Whole Grain Bun Macaroni & Cheese Green Beans Fruit</p>	<p>30 100 % All Beef Hamburger OR Veggie Burger w/Cheese On A Whole Grain Bun Baked Tater Tots Fruit</p>	<p>31 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Green Beans Fresh Fruit</p>			<p>Average Weekly Nutrients Calories 673 Cholesterol 86 mg Total Fat 20.8 g/27.8 % Protein 36.0 g/21.4 % Carbohydrates 86.6 g/51.5% Sat. Fat 7.3 g/9.3%</p>	

