

			1 Nacho Grande Taco Meat, Tortilla Chips Shredded Lettuce, Salsa, Red Kidney Beans Fruit	2 Pizzeria Style Pizza Chick Peas Salad Cucumber Slices Fresh Fruit	<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, 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>
5 Chicken Patty On A Whole Grain Kaiser Roll Homemade Macaroni & Cheese Green Beans Fresh Fruit	6 Grilled Cheese Sandwich Whole Grain Bread Golden Corn Tater Tots Fresh Veggie Cup Fruit	7 Pasta Ala Rosa Spaghetti Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup-Fat Free Dressing Fruit	8 <u>Turkey Dinner</u> Turkey Breast Brown Gravy Mashed Potato Stuffing Fruit	9 Whole Grain Pizzeria Style Pizza Salad Cup Fat Free Dressing Fresh Fruit	
12 <u>Brunch For Lunch</u> Egg Patty French Toast Sticks W/Syrup Hash Brown Potatoes Fruit	13 Homemade Tacos Soft or Hard Shells Shredded Lettuce, Salsa Brown Rice, Red Beans Fruit	14 Penne Pasta Homemade Meat or Marinara Sauce Whole Grain Italian Bread Roasted Red Peppers Fresh Fruit	15 Meatball Hero Plain or Parmigiana Chickpea Salad Sautéed Spinach W/ Garlic Fruit	16 no elementary	
19 Chicken Teriyaki Wonder Bites Dippers Brown Rice Seasoned Peas Fresh Fruit	20 <u>Brunch For Lunch</u> Egg Patty Pancakes W/Syrup Carrot Coins Fruit	21 Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Sautéed Spinach W/Garlic Fresh Fruit	22 Taco Hard or Soft Shell Lettuce, Tomato Low Fat Cheddar Cheese Salsa Cup Kidney Beans Fresh Fruit	23 Pizzeria Style Pizza Homemade Green Bean Salad Fresh Apple	
26 Turkey Hot Dog Whole Grain Bun Baked Sweet Potato Fries Fresh Fruit	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	