


Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday | | |
|--|---|--|--|--|--|--|
| 3 | 4 | 5 | 6 | 7 | Average Weekly Nutrients | Daily Sandwich Choices In All Schools |
| Whole Grain Chicken Fingers Quinoa Broccoli Florets Ranch Dipping Sauce Fruit | School Closed | Homemade Baked Ziti (Meatless) Italian Bread Broccoli Fruit | Hamburger Sliders or Veggie Burger Whole Grain Bun Homemade Macaroni & Cheese Salad Cup Fruit | Pizzeria Style Pizza Chick Pea Salad Fruit MS/HS Pizza Bagels | Calories 670 Cholesterol 47mg Total Fat 17.2g/23/1g Protein 35.3g/21.1g Carbohydrates 34 .6g/56.4g Sat. Fat 5.6g/7.5g | Choice of bread: Whole Grain, Kaiser Roll, Whole Grain Bread, Sliced Turkey, Tuna Salad, American Cheese, Peanut Butter & Jelly. Tortilla Vegetable Wrap offered daily. Two 4.0 oz. Yogurt may be selected as a lunch alternate. |
| 10 | 11 | 12 | 13 | 14 | Average Weekly Nutrients | Second entrée available for \$2.35. MS/HS may purchase bagel w/cream cheese/butter w/protein, milk, vegetable and fruit for \$3.00 . Now available WOWBUTTER & JELLY. Fresh 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. |
| Brunch For Lunch French Toast Sticks W/Syrup Egg Patty Hash Brown Potatoes Fruit | Whole Grain Chicken Nuggets Brown Rice Carrot Coins Fruit | Nacho Grande Taco Seasoned Meat Tortilla Chips Brown Rice, Salsa Red Kidney Beans Fruit | Grilled Cheese Whole Grain Bread Oven Baked Tater Tots Lettuce & Tomato Cup Fat Free Dressing Fruit | Pasta Homemade Marinara Sauce Shredded Cheese Cup Whole Grain Italian Bread Sautéed Spinach Fruit | Calories 645 Cholesterol 68mg Total Fat 17g/23.7g Protein 31.5g/19.4g Carbohydrates 94.3g/58.4 Sat. Fat 5.6g/7.9g | Poland Spring Water available Ala Carte for \$1.25 . ***NOW AVAILABLE *** <u>Lunch Prices</u> Elementary \$3.00 MS/HS \$3.00 Milk \$0.50 SUGGESTIONS WELCOME! |
| 17 | 18 | 19 | 20 | 21 | Average Weekly Nutrients | Tracey Gilet Director of Food Services 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 |
| Turkey Hot Dogs Whole Grain Roll Oven Baked Tater Tots Fruit | Taco Soft or Hard Shell Shredded Lettuce, Salsa Brown Rice, Red Beans Fruit | Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup Fruit | Chicken Patty On Whole Grain Bun Homemade Macaroni & Cheese Green Bean Salad Fruit | Pizzeria Style Pizza Cucumber Cup Ranch Dipping Sauce Fruit MS/HS Pizza Bagels | Calories 625 Cholesterol 40mg Total Fat 18.3g/26.3g Protein 30.3g/19.5g Carbohydrates 87.2g/55.7g Sat. Fat 5.9g/8.6g | |
| 24 | 25 | 26 | 27 | 28 | | |
| Brunch For Lunch Pancakes W/Syrup Egg Patty Hash Brown Potatoes Fruit | | Last day of School | HAVE A GREAT SUMMER |  | | |

