

LUNCH MENU*

				1	<p>Average Weekly Nutrients</p> <p>Homemade Baked Ziti (Meatless) Italian Bread Steamed Broccoli Fruit</p> <p>Calories 627 Cholesterol 29 mg Total Fat 15.2g/21.9% Protein 32.3 g/20.6% Carbohydrates 91.9g/58.6% Sat. Fat 6.5g/9.3%</p>	<p>Daily Sandwich Choices in All Schools</p> <p>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. 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. . Now available WOWBUTTER & JELLY. <u>Freshly made Chef Salad</u> available daily upon request at Jackson, Cantiague, and Seaman.</p> <p>With Lunch a student may select Fat-Free Chocolate, 1% White, Skim Milk. Poland Spring Water available Ala carte for \$1.25 ***NOW AVAILABLE***</p> <p><u>Lunch Prices</u> Elementary \$3.00 MS/HS \$3.00 Milk \$.50</p> <p>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 <u>www.Scholarconnect.com.</u></p>
4	5	6	7	8	<p>Average Weekly Nutrients</p> <p>Teriyaki Chicken Wonder Bite Dippers Brown Rice Fresh Broccoli Florets Ranch Dressing Applesauce</p> <p>SCHOOL CLOSED</p> <p>Whole Grain Pizza Tossed Salad Fat Free Dressing Peach Cup MS/HS Pizza Bagel</p> <p>Penne Pasta Homemade Meat or Marinara Sauce Green Bean Salad Applesauce</p> <p>Meatball Hero Plain or with Cheese Steamed Carrot Coins Fruit</p> <p>Calories 627 Cholesterol 47.5 mg Total Fat 15.6g/21.9% Protein 31.6g/20.4% Carbohydrates 92.0g/58.0% Sat. Fat 4.5g/6.5%</p>	
11	12	13	14	15	<p>Average Weekly Nutrients</p> <p>Hamburger OR Veggie Burger On A Whole Grain Bun Macaroni & Cheese Peach Cup</p> <p>Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup/Fat Free Dressing Fruit</p> <p>Brunch For Lunch French Toast Sticks W/Syrup Sausage Patty Veggie Cup Animal Crackers Applesauce Cup</p> <p> White Meat Whole Grain Chicken Patty On A Whole Grain Bun Cauliflower Mashed Potatoes Fruit</p> <p>Pizza Chick Pea Salad Steamed Broccoli Fruit Cup MS/HS Pizza Bagel</p> <p>Calories 652 Cholesterol 97 mg Total Fat 18.3 g/25.2% Protein 31.9g/19.6% Carbohydrates 92.5g/56.8 Sat. Fat 5.1g/7.1%</p>	
18	19	20	21	22	<p>Average Weekly Nutrients</p> <p>SCHOOL CLOSED </p> <p>SCHOOL CLOSED</p> <p>SCHOOL CLOSED</p> <p>SCHOOL CLOSED</p> <p>SCHOOL CLOSED</p>	
25	26	27	28		<p>Average Weekly Nutrients</p> <p>Turkey Hot Dog Whole Grain Bun Baked Tarter Tots Fruit</p> <p>Whole Grain Pasta Homemade Meat or Marinara Sauce Whole Grain Italian Bread Seasoned Carrots Fruit Cup</p> <p>Pizza Broccoli Florets Fruit MS/HS Pizza Bagels</p> <p>Nacho Grande Taco Meat, Tortilla Chips Salsa, Red Kidney Beans Fruit</p> <p>Calories 648 Cholesterol 62.5mg Total Fat 18.2 g/25.2% Protein 30.5g/19.0% Carbohydrates 92.6g/57.07 Sat. Fat 5.7g/8.0%</p>	