


October 2019

	<p>1</p> <p>School Closed</p>	<p>2</p> <p>Pasta Ala Rosa Homemade Meat or Marinara Sauce Broccoli Cup Ranch Dressing Fruit</p>	<p>3</p> <p>Chicken Parmigiana Hero Golden Corn Fruit</p>	<p>3</p> <p>Pizzeria Style Pizza Three Bean Salad Fruit MS/HS Pizza Bagel</p>	<p>Average Weekly Nutrients</p> <p>Calories 649 Cholesterol 66 mg Total Fat 16.0g/22.2% Protein 33.9g/20.9% Carbohydrates 92.7g/57.1% Sat. Fat 4.5g/6.3%</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 & Jelly. Tortilla Vegetable Wrap offered daily.</p> <p>Two 4.0 oz. Yogurt may be selected as a lunch alternate. Second entrée available for \$2.50 MS/HS may purchase bagel w/cream cheese/butter w/protein, milk, vegetable and fruit for \$3.15 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. Poland Spring Water available Ala Carte for \$1.25 ***NOW AVAILABLE ***</p> <p>Lunch Prices Elementary \$3.15 MS/HS \$3.15 Milk \$0.50 SUGGESTIONS WELCOME! Tracey Gilet Director of Food Services 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>7</p> <p>Chicken Nuggets Home Made Macaroni & Cheese Sautéed Carrot Coins Fresh Fruit</p>	<p>8</p> <p>Nacho Grande Seasoned Beef Tortilla Chips Shredded lettuce Salsa, Red Kidney Beans Fresh Fruit</p>	<p>9</p> <p>School Closed</p>	<p>10</p> <p>Turkey Hot Dogs Whole Grain Bun Mustard Baked Tater Tots Apple</p>	<p>11</p> <p>Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Steamed Broccoli Fruit</p>	<p>Average Weekly Nutrients</p> <p>Calories 636 Cholesterol 44 mg Total Fat 19.2g/27.2% Protein 30.0g/18.9% Carbohydrates 88.0g/55.3% Sat. Fat 5.4g/7.6%</p>	
<p>14</p> <p>School Closed</p>	<p>15</p> <p>Chicken Teriyaki Wonder Bite Dippers Brown Rice Red Beans Fruit</p>	<p>16</p> <p>Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Broccoli Fruit</p>	<p>17</p> <p>Meatball Hero Fresh Cut Carrot & Celery Sticks Fruit</p>	<p>18</p> <p>Whole Grain Pizzeria Style Pizza Three Bean Salad Fruit MS/HS Pizza Bagels</p>	<p>Average Weekly Nutrients</p> <p>Calories 594 Cholesterol 62 mg Total Fat 12.5g/18.9% Protein 34.0g/22.9% Carbohydrates 87.3g/58.8% Sat. Fat 4.5g/6.9%</p>	
<p>21</p> <p>Turkey Hot Dogs Whole Grain Bun Baked Tater Tots Fruit</p>	<p>22</p> <p>Tacos Soft or Hard Shells Salsa, Cheese Salad Cup Fat Free Dressing Fruit</p>	<p>23</p> <p>Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Broccoli Florets Ranch Dressing Fruit</p>	<p>24</p> <p>Brunch For Lunch Egg Patty French Toast Sticks W/Syrup Veggie Cup Fruit</p>	<p>25</p> <p>Pizzeria Style Pizza Chick Pea Salad Fruit MS/HS Pizza Bagels</p>	<p>Average Weekly Nutrients</p> <p>Calories 640 Cholesterol 72 mg Total Fat 19.2/27.0% Protein 27.5g/17.2% Carbohydrates 91.0g/56.7 % Sat. Fat 5.6g/7.9%</p>	
<p>28</p> <p>Chicken Teriyaki Wonder Bite Dippers Brown Rice Red Beans Fruit</p>	<p>29</p> <p>Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Broccoli Crowns Fruit</p>	<p>30</p> <p>Meatball Hero Fresh Cut Carrot & Celery Sticks Fruit</p>	<p>31</p> <p>Whole Grain Pizzeria Style Pizza Three Bean Salad Fruit MS/HS Pizza Bagels</p>		<p>Average Weekly Nutrients</p> <p>Calories 594 Cholesterol 62mg Total Fat 12.5g/18.9% Protein 34.0g/22.9% Carbohydrates 87.3g/58.8% Sat. Fat 4.5g/6.9%</p>	

