


**LUNCH MENU\***

	<p>1 SCHOOL CLOSED</p>	<p>2 Teriyaki Chicken Wonder Bite Dippers Brown Rice Steamed Broccoli Applesauce</p>	<p>3 Meatball Hero Parmigiana Style Red Beans W/Spinach Fruit Cup</p>	<p>4 Penne Pasta Homemade Meat or Marinara Sauce Homemade Three Bean Salad Fresh Apple</p>	<p><b>Average Weekly Nutrients</b> Calories 629 Cholesterol 47 mg Total Fat 15.5g/22.2% Protein 34.9 g/22.2% Carbohydrates 89.7g/57.0% Sat. Fat 5.0g/7.3%</p>	<p><b>Daily Sandwich Choices in All Schools</b> 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. . <b>Now available WOWBUTTER &amp; JELLY.</b> Salads are unavailable until further notice With Lunch a student may select Fat-Free Chocolate, 1% White, Skim Milk. Poland Spring Water available Ala carte for \$1.25 <b>***NOW AVAILABLE***</b> <b>Lunch Prices</b> Elementary \$3.00 MS/HS \$3.00 Milk \$.50 <b>SUGGESTIONS WELCOME!</b> <b>Tracy Gilet</b> Director of Food Service 203-3600 ext. 3258 This institution is an equal opportunity provider and employer. <b>Scholar Connect:</b> Online Payments and account information available at <b><a href="http://www.Scholarconnect.com">www.Scholarconnect.com</a></b>.</p>
<p>7 Popcorn Chicken Green Beans Rainbow Rice Fresh Fruit</p>	<p>8 Tacos Soft or Hard Shells Salsa Brown Rice, Red Beans Fruit</p>	<p>9 Whole Grain Penne Pasta Whole Grain Italian Bread Red Peppers Applesauce Fruit</p>	<p>10 Whole Grain Chicken Nuggets Dipping Sauce Whole Grain Roll Cucumber Slices Fruit</p>	<p>11 Pizza Sautéed Spinach Fruit MS/HS Pizza Bagel</p>	<p><b>Average Weekly Nutrients</b> Calories 669 Cholesterol 65 mg Total Fat 16.9g/22.8% Protein 36.8g/22.0% Carbohydrates 94.2g/56.3% Sat. Fat 4.8g/6.5%</p>	
<p>14 <b>Brunch For Lunch</b> Egg Patty Pancakes W/Syrup Veggie Cup Apple Cinnamon Snack Orange Slices</p>	<p>15 Charbroiled Hamburger OR Veggie Burger On A Whole Grain Bun Steamed Broccoli Baked Tater Tots Fruit</p>	<p>16 Whole Grain Spaghetti W/Meatballs Whole Grain Italian Bread Carrots Fruit</p>	<p>17 White Meat Whole Grain Chicken Patty On A Whole Grain Bun Cauliflower Mashed Potatoes Fresh Apple</p>	<p>18 Pizza Bagel Roasted Red Pepper Salad Chick Pea Salad Fruit</p>	<p><b>Average Weekly Nutrients</b> 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>	
<p>21 SCHOOL CLOSED</p>	<p>22 Grilled Cheese Sandwich Corn Tater Tots Orange Slices</p>	<p>23 Chicken Fingers Dipping Sauce Quinoa Sautéed Broccoli Applesauce</p>	<p>24 Penne Pasta Homemade Meat or Marinara Sauce Homemade Three Bean Salad Fresh Apple</p>	<p>25 Pizza Seasoned Green Beans Fruit MS/HS Pizza Bagel</p>	<p><b>Average Weekly Nutrients</b> Calories 536 Cholesterol 59.3mg Total Fat 18.2 g/25.2% Protein 30.62g/20.2% Carbohydrates 87.45g/57.47% Sat. Fat 5.6g/8.2</p>	
<p>28 Hot Dogs Whole Grain Roll Baked Tarter Tots Apple</p>	<p>29 Whole Grain Pasta Homemade Meat or Marinara Sauce Whole Grain Italian Bread Carrots Fresh Apple</p>	<p>30 Pizzeria Style Pizza Broccoli Florets Ranch Dipping Sauce Fruit MS/HS Pizza Bagel</p>	<p>31 Nacho Grande Taco Meat, Tortilla Chips Salsa, Red Kidney Beans Fresh Fruit</p>		<p><b>Average Weekly Nutrients</b> 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>	

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