



LUNCH MENU

				<p>1</p> <p>Brunch For Lunch French Toast Sticks W/Syrup Egg Patty Veggie Cup Applesauce Cup</p>	<p>Average Weekly Nutrients Calories 549 Cholesterol 197 mg Total Fat 17.8g/29.2% Protein 23.9 g/17.46% Carbohydrates 77.8g/56.7% Sat. Fat 4.7g/7.6%</p>	<p>Daily Sandwich Choices in All Schools 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. Freshly made Chef Salad available daily upon request at Jackson, Cantiague, and Seaman.</p>
<p>4</p> <p>BBQ Ribs Whole Grain Bun Home Made Macaroni & Cheese Seasoned Broccoli Animal Crackers Fruit</p>	<p>5</p> <p>Grilled Cheese Whole Grain Bread Oven Baked Tater Tots Fruit</p>	<p>6</p> <p>Whole Grain Penne Pasta Homemade Marinara Sauce Meatballs Whole Grain Italian Bread Sautéed Spinach Fruit</p>	<p>7</p> <p>Taco Soft or Hard Shell Salsa, Lettuce Brown Rice, Red Beans Fruit</p>	<p>8</p> <p>Pizzeria Style Pizza Cucumber Slices Ranch Dressing Fruit MS/HS Pizza Bagels</p>	<p>Average Weekly Nutrients Calories 670 Cholesterol 58.2 mg Total Fat 17.6g/23.8% Protein 34.4g/20.7% Carbohydrates 96.1g/57.1% Sat. Fat 6.2g/8.5%</p>	
<p>11</p> <p>Chicken Fingers Dipping Sauce Quinoa Steamed Broccoli Applesauce Cup</p>	<p>12</p> <p>Turkey Breast Brown Gravy Mashed Potato Stuffing Fruit</p>	<p>13</p> <p>Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Bean Salad Fresh Fruit</p>	<p>14</p> <p>Beef Sliders Home Made Macaroni & Cheese Seasoned Spinach Animal Crackers Fruit</p>	<p>15</p> <p>Middle/High School Oven Roasted Chicken Baked Tater Tots Salad Cup Fruit</p>	<p>Average Weekly Nutrients Calories 646 Cholesterol 69 mg Total Fat 18.3 g/25.0% Protein 32.6g/20.4% Carbohydrates 88.0g/54.8 Sat. Fat 5.2g/7.3%</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>18</p> <p>Teriyaki Chicken Wonder Bite Dippers Brown Rice Fresh Broccoli Florets Ranch Dressing Applesauce</p>	<p>19</p> <p>Nacho Grande Taco Seasoned Meat Tortilla Chips Brown Rice, Salsa Red Kidney Beans Baby Carrots Fresh Fruit</p>	<p>20</p> <p>Pizza Chick Pea Salad Fruit MS/HS Pizza Bagels</p>	<p>21</p> <p>Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup/Fat Free Dressing Fruit</p>	<p>22</p> <p>Turkey Hot Dog Whole Grain Bun Homemade Macaroni & Cheese Broccoli Florets Ranch Dressing Fruit</p>	<p>Average Weekly Nutrients Calories 665 Cholesterol 67 mg Total Fat 16.9 g/22.3% Protein 35.6g/21.6% Carbohydrates 94.2g/57.0 Sat. Fat 6.1g/8.0%</p>	<p>Lunch Prices Elementary \$3.00 MS/HS \$3.00 Milk \$.50 SUGGESTIONS WELCOME! Tracy Gilet Director of Food Service 203-3600 ext. 3258 This institution is an equal opportunity provider and employer.</p>
<p>25</p> <p>Whole Grain Chicken Nuggets Dipping Sauce Golden Corn Biscuit Fruit</p>	<p>26</p> <p>Brunch For Lunch French Toast Sticks W/Syrup Egg Patty Hash Brown Potatoes Applesauce Cup</p>	<p>27</p> <p>Homemade Baked Ziti (Meatless) Italian Bread Chick Pea Salad Veggie Cup Fruit</p>	<p>28</p> <p>Meatball Hero With Cheese & Marinara Sauce Red Beans Sautéed Spinach Fruit Cup</p>	<p>29</p> <p>Pizzeria Style Pizza Three Bean Salad Fruit MS/HS Pizza Bagels</p>	<p>Average Weekly Nutrients Calories 663 Cholesterol 72.0mg Total Fat 15.9 g/21.8% Protein 33.2g/20.0% Carbohydrates 97.8g/58.0 Sat. Fat 4.9g/6.7%</p>	<p>Scholar Connect: Online Payments and account information available at www.Scholarconnect.com.</p>

