

LUNCH MENU*

			<p>1 Brunch For Lunch Pancakes W/Syrup Turkey Bacon Tater Tots Applesauce</p>	<p>2 Pizzeria Style Pizza Three Bean Salad Fruit MS/HS Pizza Bagels</p>	<p>Average Weekly Nutrients Calories 671 Cholesterol 39 mg Total Fat 18.9g/25.4% Protein 30.3 g/18.0% Carbohydrates 97.6g/58.3% Sat. Fat 4.9g/5.3%</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. Pizza Meals offered daily. Now available WOWBUTTER & JELLY.</p>
<p>5 Teriyaki Chicken Wonder Bite Dippers Brown Rice Fresh Broccoli/Ranch Dressing Fruit</p>	<p>6 Meatball Hero Golden Corn Diced Peaches</p>	<p>7 School Closed</p>	<p>8 Whole Grain Pizza Tossed Salad Fat Free Dressing Fruit MS/HS Pizza Bagels</p>	<p>9 Homemade Baked Ziti (Meatless) Italian Bread Carrot/Celery Cup Fruit</p>	<p>Average Weekly Nutrients Calories 627 Cholesterol 47.5 mg Total Fat 15.6g/21.9% Protein 31.6g/20.4% Carbohydrates 92.0g/58.8% Sat. Fat 4.5g/6.5%</p>	<p>Freshly 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>12  School Closed</p>	<p>13 Hot Dog on Bun Baked Tarter Tots Apple</p>	<p>14 Chicken Nuggets Macaroni & Cheese Carrots Coins Fresh Fruit</p>	<p>15 Nacho Grande Taco Seasoned Beef Tortilla Chips Shredded Cheese ,Lettuce, Salsa, Red Kidney Beans Fruit</p>	<p>16 Ziti Cheese Cup Italian Bread Steamed Broccoli Fruit</p>	<p>Average Weekly Nutrients Calories 672 Cholesterol 79 mg Total Fat 17.9 g/24.0% Protein 33.8g/20.1% Carbohydrates 97.2g/57.8 Sat. Fat 4.9g/6.6%</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>19 Whole Grain White Meat Chicken Fingers Dipping Sauce Brown Rice Carrot Coins Fruit</p>	<p>20 100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Oven Baked Tater Tots Fruit Cup</p>	<p>21 Holiday Dinner Turkey Breast Brown Gravy Mashed Potato Stuffing Holiday Cookie Fruit</p>	<p>22 SCHOOL CLOSED </p>	<p>23 SCHOOL CLOSED</p>	<p>Average Weekly Nutrients Calories 679 Cholesterol 59 mg Total Fat 19.9 g/26.43% Protein 32.93 g/22.4% Carbohydrates 92.36 g/54.36% Sat. Fat 6.23g/8.2%</p>	<p>Online Payments and account information available at www.Scholarconnect.com.</p>
<p>26 Brunch For Lunch Egg Patty French Toast Sticks W/Syrup Tater Tots Veggie Cup Fruit</p>	<p>27 Meatball Hero Chick Pea Salad Sautéed Spinach W/Garlic Fruit</p>	<p>28 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup/Fat Free Dressing Fruit</p>	<p>29 Chicken Parmigiana Whole Grain Bun Cauliflower Mashed Potato Fruit</p>	<p>30 Whole Grain Pizza Tossed Salad Fat Free Dressing Fruit MS/HS Pizza Bagels</p>	<p>Average Weekly Nutrients Calories 646 Cholesterol 91 mg Total Fat 18.5 Protein 36.9g/24.7% Carbohydrates 91.59/6.75% Sat. Fat 5.2g/7.34%</p>	<p>Online Payments and account information available at www.Scholarconnect.com.</p>