




LUNCH MENU*

JANUARY 2006

<p>2</p> <p>SCHOOL CLOSED</p>	<p>3</p> <p>Hebrew National Hot Dog On A Bun Tater Tots Sauerkraut, Baked Beans Peaches</p>	<p>4</p> <p>Rotini Pasta W/Homemade Marinara Sauce Meatballs Italian Bread Veggie Cup Apple Slices</p>	<p>5</p> <p>Chicken Nuggets Golden Corn Whole Wheat Bread Carrot Sticks Mixed Fruit Cup</p>	<p>6</p> <p>Pizza Salad Cup Non-Fat Dressing Jello Apple Slices</p>	<p>Weekly Nutrients</p> <p>Calories 750 Cholesterol 74 mg Protein 35.6g/19% Carbohydrate 107g/57% Total Fat 21.9g/26.2% Sat. Fat 8.8g/10.6%</p>	<p>Daily Sandwich Choices in All Schools</p> <p>Choice of bread, roll, or bagel. Sliced turkey, tuna salad, bologna, American cheese, peanut butter and jelly. A Sandwich is a substitute for the main item of the Lunch Menu</p>
<p>9</p> <p>Crispy or Spicy Breaded Chicken On A Bun Golden Corn Salad Cup/Non-Fat Dressing Orange Slices</p>	<p>10</p> <p>Boars Head Turkey Hero Shredded Lettuce Hardy Homemade Soup Chocolate Pudding Fresh Fruit</p>	<p>11</p> <p>Bistro Burger 100 % Beef Patty On A Soft Bun Low Fat American Cheese Assorted Toppings, Secret Sauce Baked Potato Wedges Fruit</p>	<p>12</p> <p>Popcorn Chicken Steamed Green Beans Blueberry Muffin Peaches</p>	<p>13</p> <p>Homemade Baked Ziti (Meatless) Italian Bread Tossed Salad Non-Fat Dressing Mandarin Oranges</p>	<p>Weekly Nutrients</p> <p>Calories 707 Cholesterol 55 mg Protein 33.9 g/19% Carbohydrate 98.3g/55.6% Total Fat 21.5g/27.4% Sat. Fat 6.9g/8.8%</p>	<p>Two 4 oz. D'Animals Yogurt may be selected as a lunch alternate Second entrée available for \$1.50. <u>Freshly made Chef Salad</u> available daily upon request at Jackson, Cantiague, and Seaman.</p>
<p>16</p> <p>SCHOOL CLOSED</p>	<p>17</p> <p>Grilled Cheese Sandwich Chicken Noodle Soup Linden's Cookie Applesauce</p>	<p>18</p> <p>Brunch For Lunch Pancake w/Syrup Turkey Sausage Hash Browns Fruit Cup</p>	<p>19</p> <p>Taco Hard Or Soft Shell Shredded Cheese, Lettuce Taco Sauce Fluffy Rice Sun Sweeten Raisins</p>	<p>20</p> <p>Pizzeria Style Pizza W/Whole Wheat Crust Garden Salad/Non-Fat Dressing Apple</p>	<p>Weekly Nutrients</p> <p>Calories 697 Cholesterol 72 mg Protein 29g/16.6% Carbohydrate 96.5g/55.4% Total Fat 23.4g/30.2% Sat. Fat 10.5g/13.6%</p>	<p><u>Middle School/High School</u>- 1/2 cup of French Fries are available daily upon request for High School and Middle School students. With Lunch a student may select Low-Fat Chocolate, Whole White, 1% White, Skim Milk. Also available with Lunch - Fruit Punch. Also available At Elementary Schools 4 oz. Orange Juice and 4 oz. Apple Juice.</p>
<p>23</p> <p>Charbroiled Burger Or Veggie Burger On A Bun Lettuce ,Tomato, Pickles Golden Corn Baked Beans Sun Sweeten Raisins</p>	<p>24</p> <p>Oven Face Turkey Sandwich Brown Gravy Mashed Potatoes Steamed Broccoli Apple Slices</p>	<p>25</p> <p>Teriyaki Chicken Wonder Bites Dippers Fluffy Rice Green Beans Fruit Cocktail</p>	<p>26</p> <p>Mama Teresa's Homemade Meat or Marinara Sauce Served Over Penne Pasta French Bread Salad Cup/Non-Fat Dressing Fruit</p>	<p>27</p> <p>Pizza Cole Slaw Jello Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 702 Cholesterol 84 mg Protein 40.9g/21.5% Carbohydrate 103g/54.4% Total Fat 21.9g/26% Sat. Fat 8.4g/9.9%</p>	<p>***NOW AVAILABLE***</p> <p><u>Lunch Prices</u></p> <p>Elementary \$2.00 MS/HS \$2.00 Milk \$.40</p>
<p>30</p> <p>Popcorn Chicken Golden Corn Bread Sticks Fruit</p>	<p>31</p> <p>Mozzarella Stick and Chicken Strips Homemade Marinara Dipping Sauce Italian Bread Salad Cup/Non-Fat Dressing Fruit</p>				<p>Weekly Nutrients</p> <p>Calories 701 Cholesterol 80mg Protein 33.5g/19.1% Carbohydrate 89.8g/51.2% Total Fat 25.5g/32.8% Sat. Fat 5.5g/7.1%</p>	<p>Prepaid Lunches</p> <p>1/2 Year(Sept. through Jan.):</p> <p>Kindergarten \$ 126.97 Elementary \$ 178.00 Middle/High School \$ 178.00</p> <p><u>Full Year:</u></p> <p>Kindergarten \$ 292.95 Elementary \$ 344.00 Middle \$ 338.00 High \$ 326.00</p>