







FEBRUARY 2006

		1 Pizza Bagel Veggie Sticks Fresh Apple	2 Brunch For Lunch Scrambled Eggs Pancake w/Syrup Hash Browns Jello Fruit Cocktail	3 Homemade Baked Ziti (Meatless) Italian Bread Garden Salad Non-Fat Dressing Mandarin Oranges	<u>Weekly Nutrients**</u> <i>Calories 677</i> <i>Cholesterol 97 mg</i> <i>Protein 18.6g/11.4%</i> <i>Carbohydrate 96g/57%</i> <i>Total Fat 20g/27%</i> <i>Sat. Fat 6.7g/8.9%</i>	<u>Daily Sandwich Choices</u> <u>in All Schools</u> 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 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. Middle School/High School- ½ 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.
6 Spicy Breaded Chicken Strips On a Bun Smiley Fries Fresh Apple	7 Grilled Cheese Sandwich Homemade Soup With Noodles Pickle Cup Apple Slices	8 Mama Teresa's Homemade Meat or Marinara Sauce Rotini Pasta Italian Bread Tossed Salad /Non-Fat Dressing Fruit	9 Charbroiled Burger Or Veggie Burger (with cheese) On A Bun Lettuce ,Tomato, Pickles Potato Wedges Chilled Pears	10 Pizzeria Style Pizza W/Whole Wheat Crust Cole Slaw Applesauce	<u>Weekly Nutrients</u> <i>Calories 710</i> <i>Cholesterol 66 mg</i> <i>Protein 31.3g/17.6%</i> <i>Carbohydrate 95g/53.3%</i> <i>Total Fat 24.4g/30.9%</i> <i>Sat. Fat 9.5g/12%</i>	
13 Teriyaki Chicken Wonder Bites Dippers Steamed Rice Peas Apple Slices	14  Boar's Head Turkey On A Kaiser Roll Lettuce, Tomato, Pickle Campbell's Soup Valentine Cookie Sun Sweeten Raisins	15 Homemade Taco Choice Of Hard Or Soft Shell Shredded Lettuce, Cheese Taco Sauce Steamed Rice Orange Slices	16 Oven Baked Chicken Mashed Potatoes Brown Gravy Bread Sticks Pineapple Tid Bits	17 Pizza Tossed Salad Non-Fat Dressing Jello Raisins Fruit	<u>Weekly Nutrients</u> <i>Calories 731</i> <i>Cholesterol 87 mg</i> <i>Protein 41g/22.5%</i> <i>Carbohydrate 99g/54.2%</i> <i>Total Fat 20g/24.9%</i> <i>Sat. Fat 7.4g/9%</i>	
20 SCHOOL CLOSED	21 SCHOOL CLOSED	22 SCHOOL CLOSED	23 SCHOOL CLOSED	24 SCHOOL CLOSED	**The analysis for Feb 1-3 includes the menus for Jan 30 th and 31 st *The analysis for the week below is only for Feb. 27 th & 28 th	***NOW AVAILABLE*** <u>Lunch Prices</u> <i>Elementary</i> \$2.00 <i>MS/HS</i> \$2.00 <i>Milk</i> \$.40
27 Hebrew National Hot Dog On A Bun Sauerkraut, Baked Beans Oven Fries Fruit Cocktail	28 Meatball Hero Plain Or Parmigiana Lettuce & Tomato Non-Fat Dressing Sun Sweetened Raisins				<u>Weekly Nutrients**</u> <i>Calories 790</i> <i>Cholesterol 51 mg</i> <i>Protein 27.7 g/14%</i> <i>Carbohydrate 127g/64%</i> <i>Total Fat 21.7g/24.7%</i> <i>Sat. Fat 7.2g/8.2%</i>	<u>Prepaid Lunches</u> ½ Year(Feb. through Jun) <i>Elementary</i> \$ 166.32 <i>Middle</i> \$ 160.65 <i>High</i> \$ 149.31 <u>Full Year:</u> <i>Kindergarten</i> \$ 292.95 <i>Elementary</i> \$ 344.00 <i>Middle</i> \$ 338.00