




LUNCH MENU*

MARCH 2006

		1	2	3	<u>Weekly Nutrients</u> Calories 786 Cholesterol 62 mg Protein 31g/15.7% Carbohydrate 110g/55.8% Total Fat 26.8g/30.7% Sat. Fat 9.3 g/10.7%	<u>Daily Sandwich Choices 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												
6	7	8	9	10	<u>Weekly Nutrients</u> Calories 703 Cholesterol 112 mg Protein 36.8 g/21% Carbohydrate 96.6g/55% Total Fat 20.2g/25.9% Sat. Fat 7.5g/9.6%	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, Cantigue, and Seaman. <u>Middle School/High School-</u> ½ cup of French Fries are available daily upon request for High School and Middle School students.												
13	14	15	16	17	<u>Weekly Nutrients</u> Calories 678 Cholesterol 51 mg Protein 33.6g/19.8% Carbohydrate 95g/56.1% Total Fat 19g/25.3% Sat. Fat 6.3g/8.3%	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.												
20	21	22	23	24	<u>Weekly Nutrients</u> Calories 710 Cholesterol 101 mg Protein 33.2g/18.7% Carbohydrate 106.6g/60% Total Fat 18.3g/23.2% Sat. Fat 6.2g/7.9%	<p>***NOW AVAILABLE***</p> <p><u>Lunch Prices</u></p> <table border="0"> <tr> <td>Elementary</td> <td>\$2.00</td> </tr> <tr> <td>MS/HS</td> <td>\$2.00</td> </tr> <tr> <td>Milk</td> <td>\$.40</td> </tr> </table>	Elementary	\$2.00	MS/HS	\$2.00	Milk	\$.40						
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27	28	29	30	31	<u>Weekly Nutrients</u> Calories 750 Cholesterol 81 mg Protein 36.1g/19.2% Carbohydrate 103.5g/55.1% Total Fat 23.1g/27.7% Sat. Fat 8.3g/9.9%	<p><u>Prepaid Lunches</u></p> <p>½ Year(Feb. through Jun)</p> <table border="0"> <tr> <td>Elementary</td> <td>\$ 166.32</td> </tr> <tr> <td>Middle</td> <td>\$ 160.65</td> </tr> <tr> <td>High</td> <td>\$ 149.31</td> </tr> </table> <p><u>Full Year:</u></p> <table border="0"> <tr> <td>Kindergarten</td> <td>\$ 292.95</td> </tr> <tr> <td>Elementary</td> <td>\$ 344.00</td> </tr> <tr> <td>Middle</td> <td>\$ 338.00</td> </tr> </table>	Elementary	\$ 166.32	Middle	\$ 160.65	High	\$ 149.31	Kindergarten	\$ 292.95	Elementary	\$ 344.00	Middle	\$ 338.00
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