

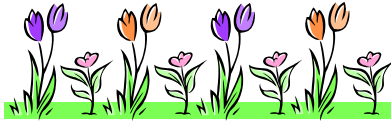




**LUNCH MENU\***

**APRIL 2006**

						<u>Daily Sandwich Choices in All Schools</u>
3 Popcorn Chicken Golden Corn Challah Bread Sun Sweeten Raisins	4 Charbroiled Burger Or Veggie Burger (with cheese) On A Bun Lettuce ,Tomato, Pickles Sweet Potato Fries Apple Slices	5 Pizza Veggie Cup Yogurt Dipping Sauce Pineapple Tid Bits	6 Roasted Chicken Tri Color Pasta Salad Steamed Broccoli Orange Slices	7 Homemade Baked Ziti With Cheese(no meat) Tossed Salad Fat Free Dressing Baked French Bread Stricks Chilled Peaches	<b>Weekly Nutrients</b> Calories 682 Cholesterol 51 mg Protein 35g/20.5% Carbohydrate 94g/55% Total Fat 20.1g/26.6% Sat. Fat 6.8g/9%	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
10 Grilled Cheese Sandwich Campbell's Chicken Noodle Soup Cucumber Slices Chilled Fruit	11 Deli Style Turkey Sandwich On A Kaiser Roll Lettuce, Tomato, Pickles Potato Wedges Mandarin Oranges	12 Grilled Chicken Breast Patty On A Bun Or Over Salad Sweet Potato Fries Pineapple Tid Bits	13 <b>SCHOOL CLOSED</b>	14 <b>SCHOOL CLOSED</b>	<b>Weekly Nutrients</b> Calories 728 Cholesterol 68 mg Protein 31.6g/17.3% Carbohydrate 94.8g/52.1% Total Fat 26.7g/33% Sat. Fat 9.8g/12%	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. <u>Middle School/High School-</u> ½ cup of French Fries are available daily upon request for High School and Middle School students.
17 <b>SCHOOL CLOSED</b>	18 <b>SCHOOL CLOSED</b>	19 <b>SCHOOL CLOSED</b>	20 <b>SCHOOL CLOSED</b>	21 <b>SCHOOL CLOSED</b>		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.
24 Hebrew National Hot Dog On A Bun Sauerkraut, Baked Beans Pickles Oven Baked Fries Applesauce	25 Spicy Chicken Strips On a Bun Baked Potato Chilled Fruit	26 Pasta Ala Jericho Homemade Meat or Marinara Sauce Homemade Garlic Bread Salad Cup w/Non Fat Dressing Fruit Cocktail	27 Brunch For Lunch Pancake w/Syrup Turkey Patty Hash Browns Jello Fruit	28 Pizza Tossed Salad Non Fat Dressing Chocolate/Vanilla Ice Cream Dixie Cup Orange Slices	<b>Weekly Nutrients</b> Calories 793 Cholesterol 80 mg Protein 32.3g/16.3% Carbohydrate 115g/58.3% Total Fat 24.5g/27.8% Sat. Fat 9.4g/10.6%	<b>***NOW AVAILABLE***</b> <u>Lunch Prices</u> Elementary \$2.00 MS/HS \$2.00 Milk \$ .40 <b>Prepaid Lunches</b> <u>½ Year(Feb. through Jun)</u> Elementary \$ 166.32 Middle \$ 160.65 High \$ 149.31 <u>Full Year:</u>