



LUNCH MENU*

MAY 2006

1	2	3	4	5	<u>Weekly Nutrients</u>	<u>Daily Sandwich Choices in All Schools</u>			
Grilled Cheese Sandwich Chicken Noodle Soup Potato Wedges Fresh Cut Carrots Pineapple Tid Bits	Teriyaki Chicken Wonder Bites Dippers Fluffy Rice Steamed Broccoli Orange Slices	Pasta Ala Jericho Homemade Meat or Marinara Sauce Italian Bread Veggie Cup/Dip Chilled Peaches	Popcorn Chicken Tater Tots Steamed Broccoli Lindens Choc. Chip Cookie Applesauce	Pizza Veggie Cup/Dip Choc./Vanilla Ice Cream Cup Peaches	Calories 758 Cholesterol 79 mg Protein 36.5g/19.3% Carbohydrate 101g/53.5% Total Fat 24.6g/29.1% Sat. Fat 10.8g/12.8%	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. <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.			
8	9	10	11	12	<u>Weekly Nutrients</u>				
Meatball Panini Garden Salad/Non Fat Dressing Pepperidge Farm Goldfish Jello Fruit	Charbroiled Burger Or Veggie Burger On A Bun Lettuce ,Tomato, Pickles Smiley Fries Pears	Mozzarella Sticks & Chicken Strips Dipping Sauce Salad Cup/Non Fat Dressing Lindens Choc. Chip Cookie Fruit	Soup & Sandwich Day Turkey On a Club Roll Shredded Lettuce, Tomato Pickles Homemade Vegetable Soup Low Fat Baked Chips Apple Slices	Big Daddy Pizzeria Style Pizza Garden Salad/Non Fat Dressing Jello Chilled Fruit	Calories 758 Cholesterol 79mg Protein 34.3g/18.1% Carbohydrate 102.3g/54.0% Total Fat 24.7g/29.4% Sat. Fat 7.6g/9.0%				
15	16	17	18	19	<u>Weekly Nutrients</u>	***NOW AVAILABLE*** <u>Lunch Prices</u> Elementary \$2.00 MS/HS \$2.00 Milk \$.40 <u>Prepaid Lunches</u> <u>1/2 Year(Feb. through Jun)</u> Elementary \$ 166.32 Middle \$ 160.65 High \$ 149.31 <u>Full Year:</u> Kindergarten \$ 292.95 Elementary \$ 344.00 Middle \$ 338.00			
Brunch For Lunch Scrambled Eggs Pancake w/Syrup Jello Fruit Cup Cocktail	Crispy Or Spicy Chicken On A Bun Rice Mixed Vegetables Sun Sweetened Raisins	Rotini Pasta Marinara Sauce Meatballs French Bread Garden Salad/Non Fat Dressing Mandarin Oranges	Southern Style Oven Baked Chicken Golden Corn Biscuit Fruit	Whole Wheat Pizza Salad/Non Fat Dressing Chocolate & Vanilla Ice Cream Cup Chilled Fruit	Calories 755 Cholesterol 109mg Protein 33.1g/17.5% Carbohydrate 108g/57.2% Total Fat 22.9g/27.4% Sat. Fat 8.6g/10.2%				
22	23	24	25	26	<u>Weekly Nutrients</u>	SCHOOL CLOSED			
Chicken Nuggets Dipping Sauce Golden Corn Rice Pudding Fruit	Bistro Burger Cheese, Onions, Lettuce Tomato, Pickles Oven Fries Fresh Orange Slices	Baked Ziti (Cheese, No Meat) Tossed Salad/Non Fat Dressing Apple Slices	Open Faced Turkey Sandwich Mashed Potatoes Brown Gravy Choc/Vanilla Ice Cream Cup Fruit	Pizza Garden Salad Non Fat Dressing Jello Chilled Fruit	Calories 783 Cholesterol 78 mg Protein 35g/17.8% Carbohydrate 112.1g/57.3% Total Fat 23.5g/27.0% Sat. Fat 9.3g/10.6%				
29	30	31			<u>Weekly Nutrients</u>				
	Hebrew National Hot Dog On A Bun Sauerkraut, Baked Beans Mustard Oven Fries Fruit	Roasted Chicken Golden Corn Dinner Roll Lettuce & Tomato Cup Non Fat Dressing Pineapple Tid Bits			Included with above analysis for week of April 22- due to the fact it is only two days.				



SCHOOL CLOSED

