

LUNCH MENU*



JUNE 2006

			<p>1</p> <p>Grilled Cheese Sandwich Carrots & Celery Sticks Yogurt Dip Baked Low Fat Chips Peaches</p>	<p>2</p> <p>Big Daddy Pizzeria Style Pizza Garden Salad/Non Fat Dressing Jello Chilled Applesauce</p>	<p>Weekly Nutrients</p> <p>Calories 714 Cholesterol 58 mg Protein 31.5g/ 17.6% Carbohydrate 97g/ 54.2% Total Fat 24g/ 30.2% Sat. Fat 9.9g/ 12.5%</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>5</p> <p>Popcorn Chicken Broccoli Brown Rice Apple Slices</p>	<p>6</p> <p>Hebrew National Hot Dog On A Bun Sauerkraut, Mustard Baked Potato Wedges Fruit</p>	<p>7</p> <p>Pasta Ala Teresa Choice Of Meat or Marinara Sauce French Bread Salad Cup/Non Fat Dressing Chilled Fruit</p>	<p>8</p> <p>Crispy Or Spicy Chicken On A Bun Mashed Potatoes Broccoli Pears</p>	<p>9</p> <p>Pizza Salad/Non Fat Dressing Choc/Vanilla Ice Cream Cup Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 718 Cholesterol 60mg Protein 31.2g/ 17.4% Carbohydrate 98.8g/ 55% Total Fat 23.5g/ 29.4% Sat. Fat 9.1g/ 11%</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. <u>Middle School/High School</u>- ½ cup of French Fries are available daily upon request for High School and Middle School students.</p>
<p>12</p> <p>Teriyaki Chicken Wonder Bites Dipper Fluffy Rice Steamed Broccoli Pineapple Tid Bits</p>	<p>13</p> <p>Taco's Choice of Hard or Soft Shell Shredded Lettuce, Cheese Salsa Jello Orange Slices</p>	<p>14</p> <p>Rotini Pasta Homemade Sauce Choice Of Meat or Marinara Sauce Salad Cup/ Non Fat Dressing Italian Bread Fruit Cocktail</p>	<p>15</p> <p>Charbroiled Burger Or Veggie Burger On A Bun Lettuce ,Tomato, Pickles Baked Potato Wedges Fruit</p>	<p>16</p> <p>Mozzarella Sticks & Chicken Strips Dipping Sauce Tossed Salad/Non Fat Dressing Apple Slices</p>	<p>Weekly Nutrients</p> <p>Calories 680 Cholesterol 82mg Protein 34.8g/ 20.5% Carbohydrate 88.7g/ 52.2% Total Fat 22g/ 29% Sat. Fat 7g/ 9%</p>	<p>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>19</p> <p>Pizza Bagels Carrot & Celery Sticks Choc/Vanilla Ice Cream Cup Fruit Cup</p>	<p>20</p> <p>Brunch For Lunch Scrambled Eggs Pancake w/Syrup Lettuce & Tomato Fresh Watermelon</p>	<p>21</p> <p>Homemade Baked Ziti (Cheese, No Meat) Garlic Bread Tossed Salad/Non Fat Dressing Apple Slices</p>	<p>22</p>	<p>23</p>	<p>Weekly Nutrients</p> <p>Calories 746 Cholesterol 134mg Protein 31.5g/ 16.9% Carbohydrate 107g/ 57.6% Total Fat 23g/ 27.8% Sat. Fat 11.2g/ 13%</p>	<p>***NOW AVAILABLE***</p> <p><u>Lunch Prices</u></p> <p>Elementary \$2.00 MS/HS \$2.00 Milk \$.40</p>
<p>26</p> <p>THE CAFETERIA</p>	<p>27</p> <p>STAFF WISHES</p>	<p>28</p> <p>ALL OUR STUDENTS</p>	<p>29</p> <p>A SAFE & HAPPY</p>	<p>30</p> <p>SUMMER</p>		<p>Prepaid Lunches</p> <p>½ Year(Feb. through Jun)</p> <p>Elementary \$ 166.32 Middle \$ 160.65 High \$ 149.31</p> <p><u>Full Year:</u></p> <p>Kindergarten \$ 292.95 Elementary \$ 344.00 Middle \$ 338.00 High \$ 326.00</p>