




# OCTOBER 2006

2	3	4	5	6	<u>Weekly Nutrients</u>	<u>Daily Sandwich Choices</u> <i>in All Schools</i>
<b>School Closed</b>	Charbroiled Burger Or Veggie Burger On A Bun Lettuce ,Tomato, Pickles Potato Wedges Peach Cup	Popcorn Chicken Oven Baked Smiley Fries Steamed Broccoli Brown Rice/Golden Corn Cherries-Non Dairy Topping	Homemade Baked Ziti (Meatless) Italian Bread Salad Cup/Non Fat Dressing Fresh Apple	Whole Wheat Pizza Salad Cup/Non Fat Dressing Chocolate Pudding / Non Dairy Topping Fruit	<i>Calories 741 Cholesterol 45 mg Protein 36.3g/ 19.6% Carbohydrate 105.5g/ 56.9% Total Fat 21.3g/ 25.8% Sat. Fat 8.3g/ 10%</i>	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> 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.
<b>School Closed</b>	Teriyaki Chicken Wonder Bites Dippers Fluffy Rice Peas & Carrots Fresh Pear	Boar's Head Turkey On A Hero Shredded Lettuce Tomato, Pickles Baked Low Fat Chips Fresh Apple	Taco Choice of Hard Or Soft Shell Shredded Cheese, Lettuce, Diced Tomatoes, Rice Taco Sauce Fresh Pear	Big Daddy Pizza Veggie Cup Raisins Fruit	<u>Weekly Nutrients</u> <i>Calories 690 Cholesterol 63 mg Protein 33.4g/ 19.4% Carbohydrate 102.8g/ 59.6% Total Fat 17.4g/ 22.7% Sat. Fat 6g/ 7.9%</i>	*** <u>NOW AVAILABLE</u> ***
16	17	18	19	20	<u>Weekly Nutrients</u> <i>Calories 774 Cholesterol 110 mg Protein 33.1g/ 17.1% Carbohydrate 111.6g/ 57.7% Total Fat 23.6g/ 27.4% Sat. Fat 9.3g/ 10.7%</i>	*** <u>NOW AVAILABLE</u> ***
23	24	25	26	27	<u>Weekly Nutrients</u> <i>Calories 667 Cholesterol 77 mg Protein 32.2g/ 19.3% Carbohydrate 90.4g/ 54.3% Total Fat 21g/ 28.4% Sat. Fat 8.5g/ 11.4%</i>	<u>Lunch Prices</u> Elementary \$2.00 MS/HS \$2.00 Milk \$ .40 <u>Prepaid Lunches</u> <u>½ Year(Sept. through Jan.)</u> Kindergarten \$128.86 Elementary \$ 180.00 Middle \$ 180.00 High \$ 180.00 <u>Full Year:</u> Kindergarten \$294.84 Elementary \$344.00 Middle \$ 339.00 High \$ 326.00
30	31				<u>Weekly Nutrients</u> October 30 & 31 are included in the previous week analysis.	