

LUNCH MENU*



November 2006



	<p align="center">Celebrate National French Week</p>	<p align="center">1 Grilled Cheese Sandwich Campbell's Soup Carrot Sticks Lindens Chocolate Chip Cookie Cherries-Non Dairy Topping</p>	<p align="center">2 Southern Style Oven Baked Chicken Golden Corn Biscuit Chocolate Pudding Fruit</p>	<p align="center">3 Pizza Veggie cup Jello Applesauce</p>	<p align="center"><u>Weekly Nutrients</u> Calories 725 Cholesterol 73mg Protein 32.7g/ 18.1% Carbohydrate 103g/ 56.9% Total Fat 22g/ 27.3% Sat. Fat 8.6 g/ 10.7%</p>	<p align="center"><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 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. ***NOW AVAILABLE***</p>
<p align="center">6 Boar's Head Turkey On A Croissant French Onion Soup Oven Baked Chips Éclair Fresh Fruit</p>	<p align="center">7 SCHOOL CLOSED Superintendent's Conference Day</p>	<p align="center">8 Popcorn Chicken Salad Cup-French Dressing String Beans Brown Rice French Vanilla Dixie Cup Pineapple Tid Bits</p>	<p align="center">9 Pasta Ala Teresa Homemade Meat or Marinara Sauce Penne Pasta French Bread Salad Cup/Fat Free Dressing</p>	<p align="center">10 Big Daddy Pizza Salad Cup French Dressing French Onion Sun Chips Chocolate Pudding Peaches</p>	<p align="center"><u>Weekly Nutrients</u> Calories 846 Cholesterol 99mg Protein 43.9g/ 20.8% Carbohydrate 107g/ 50.6% Total Fat 27.7g/ 29.5% Sat. Fat 9.9g/ 10.5%</p>	
<p align="center">13 Crispy Or Spicy Chicken On A Bun Steamed Rice Steamed Vegetables Sun Sweeten Raisins</p>	<p align="center">14 Bistro Burger 100% Beef Patty On A Bun Assorted Toppings Secret Sauce Tater Tots Fresh Apple (Veggie Patty Avail.)</p>	<p align="center">15 Mozzarella Sticks/Chicken Strips Dipping Sauce Steamed Broccoli French Bread Fresh Apple</p>	<p align="center">16 Taco Hard Or Soft Shell Shredded Lettuce, Cheese, Salsa Fluffy Rice Fresh Apple</p>	<p align="center">17 Pizza Garden Salad Non-Fat Dressing Chocolate Pudding Fresh Apple</p>	<p align="center"><u>Weekly Nutrients</u> Calories 690 Cholesterol 59mg Protein 31.2g/ 18.1% Carbohydrate 95.6g/ 55.4% Total Fat 21.8g/ 28.5% Sat. Fat 8.1g/ 10.6%</p>	
<p align="center">20 Teriyaki Chicken Wonder Bites Dippers Fluffy Rice Steamed Broccoli Chocolate Pudding Fruit</p>	<p align="center">21 Holiday Diner Roasted Turkey-Gravy Mashed Potatoes Or Sweet Potatoes Stuffing, Cranberry Sauce, Green Beans Holiday Cookie Apple</p>	<p align="center">22 Jayhawk's Muffin Scrambled Egg W/Canadian Turkey Ham On A Muffin Oven Baked Smiley Fries Apple</p>	<p align="center">23 SCHOOL CLOSED</p>	<p align="center">24 SCHOOL CLOSED</p>	<p align="center">Analysis included with week of 11/27- see below</p>	
<p align="center">27 Hebrew National Hot Dog On A Bun Baked Beans, Sauerkraut Oven Baked Fries Mustard Apple</p>	<p align="center">28 Chicken Nuggets Brown Rice Steamed Broccoli Cherries</p>	<p align="center">29 Mama Teresa Homemade Meat or Marinara Sauce Rotini Pasta French Bread Salad Cup/Non-Fat Dressing Apple</p>	<p align="center">30 Charbroiled Burger Or Veggie Burger On A Bun Lettuce ,Tomato, Pickles Tater Tots Chocolate Pudding Fruit</p>		<p align="center"><u>Weekly Nutrients</u> Calories 747 Cholesterol 103mg Protein 33.6g/ 18% Carbohydrate 105g/ 56.3% Total Fat 22.8g/ 27.4% Sat. Fat 8.5g/ 10.3%</p>	<p align="center"><u>Prepaid Lunches</u> <u>1/2 Year(Sept. through Jan.)</u> Elementary \$ 180.00 Middle \$ 180.00 High \$ 180.00 Kindergarten \$128.86 <u>Full Year:</u> Elementary \$344.00 Middle \$ 339.00 High \$ 326.00</p>

