


LUNCH MENU\*

MARCH 2007

			<p>1</p> <p>Char-Broiled Burger Veggie Burger On A Bun Lettuce, Tomato, Pickle Baked Smiley Fries Cherries</p>	<p>2</p> <p>Pizza Salad Non-Fat Dressing Jello Fruit</p>	<p><b>Weekly Nutrients</b></p> <p>Calories 705 Cholesterol 68 mg Protein 34.8g/19.7% Carbohydrate 94.5g/53.6% Total Fat 22.6g/28.9% Sat. Fat 10.5 g/13.4%</p>	<p><b>Daily Sandwich Choices in All Schools</b></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>Crispy Or Spicy Chicken On A Bun Lettuce &amp; Tomato Cup Sweet Peas Fruit</p>	<p>6</p> <p>Soup &amp; Sandwich Boars Head Turkey On A Kaiser Roll Homemade Vegetable Soup Lettuce &amp; Tomato Pickle Cup Chocolate Pudding Fruit</p>	<p>7</p> <p>Rotini Pasta Homemade Marinara Sauce Meatballs Italian Bread Garden Salad-Non Fat Dressing Applesauce</p>	<p>8</p> <p>Nacho Grande Reduced Fat Season Beef Shredded Cheese Salsa ,Sour Cream Lettuce &amp; Tomato Pineapple Tid Bits</p>	<p>9</p> <p>Mozzarella Sticks Pasta W/Marinara Sauce Homemade Garlic Bread Salad/Non Fat Dressing Chocolate &amp; Vanilla Ice Cream Dixie Cup Fruit</p>	<p><b>Weekly Nutrients</b></p> <p>Calories 789 Cholesterol 89mg Protein 38.4g/19.5% Carbohydrate 107.4g/54.5% Total Fat 24g/27.4% Sat. Fat 8.7g/9.9%</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. 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>12</p> <p>Chicken Nuggets Steamed Broccoli Golden Corn Baked Low Fat Chips Fruit</p>	<p>13</p> <p>Tacos Soft or Hard Shells Steamed Rice Shredded Lettuce Cheese, Salsa, Fresh Apple Slices</p>	<p>14</p> <p>Homemade Baked Ziti W/Cheese(No Meat) Salad-Non Fat Dressing Fresh Apple Slices</p>	<p>15</p> <p>Brunch For Lunch Pancakes w/Syrup Turkey Canadian Bacon Tater Tots Chocolate Pudding Fresh Apple Slices</p>	<p>16</p> <p>Big Daddy Pizza Veggie Cup Yogurt Dip Fresh Apple Slices</p>	<p><b>Weekly Nutrients</b></p> <p>Calories 677 Cholesterol 69mg Protein 31g/18.3% Carbohydrate 93g/55% Total Fat 21.4g/28.4% Sat. Fat 7.6g/10%</p>	<p>***NOW AVAILABLE***</p>
<p>19</p> <p>Char-Broiled Burger Veggie Burger On A Bun Lettuce, Tomato, Pickles Corn Fresh Apple Slices</p>	<p>20</p> <p>Popcorn Chicken Brown Rice Steamed Broccoli Fresh Apple Slices</p>	<p>21</p> <p>Pasta Ala Teresa Homemade Meat Or Marinara Sauce Carrot Sticks Fresh Apple Slices</p>	<p>22</p> <p>Hebrew National Hotdog Baked Beans, Sauerkraut Oven Fries Fresh Apple Slices</p>	<p>23</p> <p>Pizza Carrot &amp; Raisin Salad Fresh Apple Slices</p>	<p><b>Weekly Nutrients</b></p> <p>Calories 692 Cholesterol 53mg Protein 32g/18.5% Carbohydrate 96.4g/55.8% Total Fat 21.7g/28.3% Sat. Fat 7.5g/9.7%</p>	<p><b>Lunch Prices</b></p> <p>Elementary \$2.00 MS/HS \$2.00 Milk \$.40</p> <p><b>Prepaid Lunches</b> ½ Year(Feb 2. through Jan.)</p>
<p>26</p> <p>Grilled Cheese Sandwich Campbell's Chicken Noodle Soup Pickle Cup Fresh Apple Slices</p>	<p>27</p> <p>Oven Roasted Turkey Mashed Potatoes Gravy Biscuit Chocolate Pudding Fresh Apple Slices</p>	<p>28</p> <p>Meatball Hero W/Homemade Marinara Sauce Plain Or Parmigiana Salad Cup/Non Fat Dressing Fresh Apple Slices</p>	<p>29</p> <p>Southern Style Oven Baked Chicken Wheat Bread Mashed Potato Peas &amp; Carrots Fresh Apple Slices</p>	<p>30</p> <p>Big Daddy Pizza Carrot Sticks Yogurt Dip Fresh Apple Slices</p>	<p><b>Weekly Nutrients</b></p> <p>Calories 684 Cholesterol 66mg Protein 31.5g/18.4% Carbohydrate 95.7g/56% Total Fat 21.2g/27.9% Sat. Fat 9.5g/12.5%</p>	<p>Elementary \$164.43 Middle \$158.76 High \$145.53</p> <p><b>Full Year:</b> Elementary \$344.00 Middle \$339.00 High \$326.00 Kindergarten \$294.84 High School ends 6/6/07</p>