

LUNCH MENU*

JUNE 2007

				<p>1</p> <p>Big Daddy Pizza Garden Salad Non-Fat Dressing Fresh Apple Slices</p>	<p>Weekly Nutrients</p> <p>Calories 624 Cholesterol 46 mg Protein 30.24g/19.4% Carbohydrate 88g/56.4% Total Fat 18.31g/26.4% Sat. Fat 7.9g/11.4%</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>4</p> <p>Popcorn Chicken Baked Potato Whole Wheat Bread Fresh Apple Slices</p>	<p>5</p> <p>Open Faced Turkey Sandwich Brown Gravy Mashed Potatoes Chocolate & Vanilla Dixie Cup Fresh Apple Slices</p>	<p>6</p> <p>Mozzarella Sticks Rotini Pasta Homemade Marinara Sauce Salad Cup Non-Fat Dressing Cherries</p>	<p>7</p> <p>Tacos Choice of Hard Or Soft Shells Shredded Lettuce , Cheese Salsa and Rice Fresh Apple Slices</p>	<p>8</p> <p>Big Daddy Pizza Tossed Salad Non- Fat Dressing Jello Fresh Apple Slices</p>	<p>Weekly Nutrients</p> <p>Calories 747 Cholesterol 66 mg Protein 31.7g/17.0% Carbohydrate 106g/57.2% Total Fat 23.2g/27.9% Sat. Fat 8.8g/10.6%</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>11</p> <p>Hebrew National Hotdog On a Bun Sauerkraut, Golden Corn Oven Fries Fresh Apple Slices</p>	<p>12</p> <p>Nacho Grande Reduced Fat Season Beef Shredded Cheese Lettuce, Salsa and Rice Tortilla Chips Fresh Apple Slices</p>	<p>13</p> <p>Homemade Baked Ziti W/Cheese(no Meat) Italian Bread Garden Salad W/Non Fat Dressing Fresh Apple Slices</p>	<p>14</p> <p>Popcorn Chicken Baked Potato Pepperidge Farm Goldfish Fresh Apple Slices</p>	<p>15</p> <p>Big Daddy Pizza Salad Cup Non- Fat Dressing Fresh Apple Slices</p>	<p>Weekly Nutrients</p> <p>Calories 709 Cholesterol 43 mg Protein 30.7g/17.3% Carbohydrate 102.8g/58% Total Fat 20.8g/26.4% Sat. Fat 8.0g/10.3%</p>	<p>Also available with Lunch - Fruit Punch. Also available At Elementary Schools 4 oz. Orange Juice and 4 oz. Apple Juice.</p>																				
<p>18</p> <p>Pizza Bagels Carrot & Celery Sticks Chocolate & Vanilla Dixie Cup Fresh Apple Slices</p>	<p>19</p> <p>Pasta Ala Teresa Homemade Meat Or Marinara Sauce Italian Bread Tossed Salad/Non Fat Dressing Fresh Apple Slices</p>	<p>20</p> <p>Brunch For Lunch Scrambled Eggs Pancakes w/Syrup Lettuce & Tomato Fresh Watermelon</p>	<p>21</p>	<p>22</p>	<p>Weekly Nutrients</p> <p>Calories 724 Cholesterol 153 mg Protein 31.8g/17.6% Carbohydrate 104.5g/57.7% Total Fat 21.4g/26.6% Sat. Fat 9.6g/11.9%</p>	<p>***NOW AVAILABLE***</p> <p><u>Lunch Prices</u></p> <table border="0"> <tr> <td>Elementary</td> <td>\$2.00</td> </tr> <tr> <td>MS/HS</td> <td>\$2.00</td> </tr> <tr> <td>Milk</td> <td>\$.40</td> </tr> </table> <p>Prepaid Lunches</p> <p>½ Year(Feb 2. through Jan.)</p> <table border="0"> <tr> <td>Elementary</td> <td>\$ 164.43</td> </tr> <tr> <td>Middle</td> <td>\$ 158.76</td> </tr> <tr> <td>High</td> <td>\$ 145.53</td> </tr> </table> <p><u>Full Year:</u></p> <table border="0"> <tr> <td>Elementary</td> <td>\$344.00</td> </tr> <tr> <td>Middle</td> <td>\$ 339.00</td> </tr> <tr> <td>High</td> <td>\$ 326.00</td> </tr> <tr> <td>Kindergarten</td> <td>\$294.84</td> </tr> </table> <p>High School ends 6/6/07</p>	Elementary	\$2.00	MS/HS	\$2.00	Milk	\$.40	Elementary	\$ 164.43	Middle	\$ 158.76	High	\$ 145.53	Elementary	\$344.00	Middle	\$ 339.00	High	\$ 326.00	Kindergarten	\$294.84
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