




LUNCH MENU*

NOVEMBER 2007

			<p>1</p> <p>Soup & Sandwich Day Boar's Head Turkey Hero Shredded Lettuce, Tomato, Pickles Chicken Noodle Soup Golden Corn Applesauce</p>	<p>2</p> <p>Big Daddy Pizza Three Beans Salad Chocolate & Vanilla Ice Cream Dixie Cup Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 714 Cholesterol 71 mg Protein 31.9g/ 17.9% Carbohydrate 103.6g/ 58.1% Total Fat 21g/ 26.5% Sat. Fat 8.3g/ 10.5%</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>Teriyaki Chicken Wonder Bites Dippers Brown Rice Steamed Broccoli Fruit</p>	<p>6</p> <p>School Closed</p>	<p>7</p> <p>Hebrew National Hotdog On a Bun Tater Tots Baked Beans Sauerkraut Fruit</p>	<p>8</p> <p>Rotini Pasta Shredded Mozzarella Cup Homemade Marinara Sauce Tossed Salad Non Fat Dressing Applesauce</p>	<p>9</p> <p>Uno Pizza Carrot Raisin Salad Jello Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 707 Cholesterol 51 mg Protein 31.7g/ 17.9% Carbohydrate 102.4g/ 57.9% Total Fat 21.1g/ 26.8% Sat. Fat 8.3g/ 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.</p>																						
<p>12</p> <p>School Closed</p>	<p>13</p> <p>Chicken Nuggets Baked Potato Golden Corn Graham Cracker Cookie Fruit</p>	<p>14</p> <p>Pasta W/ Meatballs Homemade Marinara Sauce Italian Bread Veggie Cup Fruit</p>	<p>15</p> <p>Nacho Grande Shredded Cheese, Rice Lettuce, Salsa Tortilla Chips Fruit</p>	<p>16</p> <p>Mozzarella Sticks Rotini Pasta Homemade Marinara Sauce Green Bean Salad Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 743 Cholesterol 71 mg Protein 31.5g/ 17% Carbohydrate 107.4g/ 57.8% Total Fat 22.5g/ 27.2% Sat. Fat 6.6g/ 8%</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>Popcorn Chicken Brown Rice Vegetable Medley Fruit</p>	<p>20</p> <p>Holiday Diner Roasted Turkey/Gravy Mashed Potatoes or Sweet Potato Stuffing, Cranberry Sauce Choc. & Vanilla Dixie Cup Fruit Cup</p>	<p>21</p> <p>Brunch For Lunch Pancakes w/Syrup Egg Patty Smiley Fries Fruit</p>	<p>22</p> <p>School Closed</p>	<p>23</p> <p>School Closed</p>	<p><i>This week's Nutrient Analysis included with next week. See below</i></p>	<p>***NOW AVAILABLE***</p> <p>Lunch Prices</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 (SEPT. through Jan.)</p> <table border="0"> <tr> <td>Kindergarten</td> <td>\$ 128.52</td> </tr> <tr> <td>Elementary</td> <td>\$ 174.00</td> </tr> <tr> <td>Middle</td> <td>\$ 174.00</td> </tr> <tr> <td>High</td> <td>\$ 174.00</td> </tr> <tr> <td>Full Year:</td> <td></td> </tr> <tr> <td>Kindergarten</td> <td>\$ 296.73</td> </tr> <tr> <td>Elementary</td> <td>\$343.00</td> </tr> <tr> <td>Middle</td> <td>\$ 339.00</td> </tr> </table>	Elementary	\$2.00	MS/HS	\$2.00	Milk	\$.40	Kindergarten	\$ 128.52	Elementary	\$ 174.00	Middle	\$ 174.00	High	\$ 174.00	Full Year:		Kindergarten	\$ 296.73	Elementary	\$343.00	Middle	\$ 339.00
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<p>26</p> <p>Grilled Cheese Sandwich Chicken Noodle Soup Pickle Cup Baked Chips Fruit</p>	<p>27</p> <p>Crispy Or Spicy Chicken On A Bun Lettuce, Tomato, Pickles Baked Potato Fruit</p>	<p>28</p> <p>Pasta Ala Teresa Homemade Meat Or Marinara Sauce Penne Pasta Italian Bread Carrots Fruit</p>	<p>29</p> <p>All Beef Hamburger On A Bun (Veggie Burger Available) Oven Fries Pickle Chips Fruit</p>	<p>30</p> <p>Uno Pizza Celery Sticks Yogurt Dressing Jello Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 757 Cholesterol 97 mg Protein 31.7g/ 16.8% Carbohydrate 109.1g/ 57.7% Total Fat 23g/ 27.4% Sat. Fat 9.4g/ 11.2%</p>																							