



LUNCH MENU*

SEPTEMBER 2008

<p>1 SCHOOL CLOSED</p>	<p>2 Popcorn Chicken Brown Rice Steamed Broccoli Golden Corn Fresh Fruit</p>	<p>3 Pasta Ala Teresa Homemade Meat Or Marinara Sauce Italian Bread Garden Salad/ Non Fat Dressing Fresh Fruit</p>	<p>4 Chicken Fingers Honey Mustard Dip Baked Sweet Potato Fries Pepperidge Farm Goldfish Fresh Orange</p>	<p>5 Pizza Garden Salad Non Fat Dressing Choc. & Vanilla Ice Cream Dixie Cup Mixed Fruit Cup</p>	<p>Weekly Nutrients Calories 733 Cholesterol 71 mg Protein 34.8g/19% Carbohydrate 104.4g/56.9% Total Fat 21.2g/26.1% Sat. Fat 8.1g/9.9%</p>	<p>Daily Sandwich Choices in All Schools Choice of bread: roll, white& whole wheat. Bagel sandwich lunch is \$2.50. 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. Middle School/High School- 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. ***NOW AVAILABLE*** <u>Lunch Prices</u> Elementary \$2.00 MS/HS \$2.00 Milk \$.40 <u>Prepaid Lunches</u> ½ Year (Sept. through Jan) Elementary(1st -5th) \$ 174.00 Middle \$ 174.00 High \$ 174.00 Full Year: Elementary \$342.10 Middle \$ 338.30 High \$ 325.10 SUGGESTIONS WELCOME! Tracy Gilet Cafeteria Manager 203-3600 ext 3259</p>
<p>8 Crispy or Spicy Chicken On A Bun Lettuce, Tomato, Pickles Golden Corn Applesauce</p>	<p>9 Hamburger or Veggie Burger (w/Cheese) On a Bun Lettuce, Tomato, Pickles Tater Tots Apple</p>	<p>10 Homemade Baked Ziti (Meatless) Italian Bread Green Bean Salad Apple</p>	<p>11 Tacos Soft or Hard Shells Shredded Cheese, Salsa Lettuce Steamed Rice Apple</p>	<p>12 Pizza Tossed Salad Non Fat Dressing Choc. & Vanilla Ice Cream Dixie Cup Apple</p>	<p>Weekly Nutrients Calories 672 Cholesterol 57 mg Protein 30.6g/18.2% Carbohydrate 95.3g/56.7% Total Fat 20.4g/27.3% Sat. Fat 9.0g/12.1%</p>	
<p>15 Chicken Teriyaki Wonder Bites Dippers Steamed Rice Green Bean Salad Apple</p>	<p>16 Grilled Cheese Sandwich Golden Corn Tater Tots Choc. & Vanilla Dixie Cup Apple</p>	<p>17 Rotini Pasta w/Homemade Marinara Sauce Mozzarella Cheese Italian Bread Veggie Cup Apple</p>	<p>18 Southern Style Oven Baked Chicken Mashed Potato/Brown Gravy Lindens Chocolate Chips Cookie Apple</p>	<p>19 Pizza Lettuce & Tomato Cup Salad Non/Fat Dressing Jello Apple</p>	<p>Weekly Nutrients Calories 763 Cholesterol 79 mg Protein 37.1 g/19.4% Carbohydrate 102.7g/53.8% Total Fat 24.5g/26.9% Sat. Fat 10.9g/12.9%</p>	
<p>22 Hebrew National Hotdog On A Bun Sauerkraut Baked Beans Tater Tots Apple</p>	<p>23 Meatball Hero Plain Or Parmigiana Fresh Baby Carrots Choc. & Vanilla Ice Cream Dixie Cup Apple</p>	<p>24 Nacho Grande Taco Meat, Tortilla Chips Shredded Cheese, Salsa Lettuce Apple</p>	<p>25 Mozzarella Sticks Pasta Salad Veggie Cup Apple</p>	<p>26 Pizza Tossed Salad Mixed Veggie Cup Jello Apple</p>	<p>Weekly Nutrients Calories 702 Cholesterol 61mg Protein 29.7g/16.8% Carbohydrate 99.5g/56.4% Total Fat 23.3g/29.7% Sat. Fat 9.3g/11.9%</p>	
<p>29 Pizza Bagel Garden Salad Non Fat Dressing Apple</p>	<p>30 SCHOOL CLOSED</p>			<p>Choc. & Van. Dixie Cup Lindens Choc. Chip Cookie Pepperidge Farm Goldfish served with hot lunch only</p>		