


LUNCH MENU*

OCTOBER 2008

		<p style="text-align: center;">1 School Closed</p>	<p style="text-align: center;">2 Popcorn Chicken Oven Baked Sweet Potato Fries Pepperidge Farm Goldfish Pretzels Orange Slices</p>	<p style="text-align: center;">3 Pizza Garden Salad Non Fat Dressing Fresh Fruit</p>	<p style="text-align: center;">Nutrient Analysis for October 2 & 3 is included with next week's menu- see analysis below</p>	<p style="text-align: center;"><u>Daily Sandwich Choices in All Schools</u></p> <p>Choice of bread: roll, white& whole wheat. Bagel sandwich lunch is \$2.50. Sliced turkey, tuna salad, bologna, American cheese, peanut butter and jelly. 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 style="text-align: center;">***NOW AVAILABLE***</p> <p>Lunch Prices</p> <table style="width: 100%; border: none;"> <tr> <td style="padding-left: 20px;">Elementary</td> <td style="text-align: right;">\$2.00</td> </tr> <tr> <td style="padding-left: 20px;">MS/HS</td> <td style="text-align: right;">\$2.00</td> </tr> <tr> <td style="padding-left: 20px;">Milk</td> <td style="text-align: right;">\$.40</td> </tr> </table> <p>Prepaid Lunches <u>½ Year (Sept. through Jan)</u></p> <table style="width: 100%; border: none;"> <tr> <td style="padding-left: 20px;">Elementary(1st -5th)</td> <td style="text-align: right;">\$ 174.00</td> </tr> <tr> <td style="padding-left: 20px;">Middle</td> <td style="text-align: right;">\$ 174.00</td> </tr> <tr> <td style="padding-left: 20px;">High</td> <td style="text-align: right;">\$ 174.00</td> </tr> </table> <p><u>Full Year:</u></p> <table style="width: 100%; border: none;"> <tr> <td style="padding-left: 20px;">Elementary</td> <td style="text-align: right;">\$342.10</td> </tr> <tr> <td style="padding-left: 20px;">Middle</td> <td style="text-align: right;">\$ 338.30</td> </tr> <tr> <td style="padding-left: 20px;">High</td> <td style="text-align: right;">\$ 325.10</td> </tr> </table> <p>SUGGESTIONS WELCOME! Tracy Gilet Cafeteria Manager 203-3600 ext. 3259</p>	Elementary	\$2.00	MS/HS	\$2.00	Milk	\$.40	Elementary(1 st -5 th)	\$ 174.00	Middle	\$ 174.00	High	\$ 174.00	Elementary	\$342.10	Middle	\$ 338.30	High	\$ 325.10
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<p style="text-align: center;">6 Bow Tie Pasta w/ Homemade Marinara Sauce Mozzarella Cheese Cup Edamame Fresh Fruit</p>	<p style="text-align: center;">7 Chicken Fingers Honey Mustard Dip Baked Potato Wedges Biscuit Fresh Apple</p>	<p style="text-align: center;">8 Pizza Assorted Veggie Cup Jello Fresh Apple</p>	<p style="text-align: center;">9 School Closed</p>	<p style="text-align: center;">10 Crispy or Spicy Chicken On A Bun Baked Potato Pickle Cup Fresh Fruit</p>	<p style="text-align: center;"><u>Weekly Nutrients</u></p> <p>Calories 726 Cholesterol 58mg Protein 33.7g/18.6% Carbohydrate 104g/57.3% Total Fat 21.2g/26.4% Sat. Fat 7.34g/9.1%</p>																			
<p style="text-align: center;">13 School Closed</p>	<p style="text-align: center;">14 Hebrew National Hotdog On A Bun Oven Baked Potato (Sauerkraut-Mustard) Fresh Apple</p>	<p style="text-align: center;">15 Whole Grain Rotini Pasta Homemade Marinara Sauce Mozzarella Cheese Salad Cup Non/Fat Dressing Fresh Apple</p>	<p style="text-align: center;">16 Chicken Fajita Soft Shell Tortilla Sour Cream(Fat Free) Rice Lettuce & Tomato Apple</p>	<p style="text-align: center;">17 Pizza Mixed Veggie Cup Jello Apple</p>	<p style="text-align: center;"><u>Weekly Nutrients</u></p> <p>Calories 782 Cholesterol 62mg Protein 37.3g/19.1% Carbohydrate 113.8g/58.2% Total Fat 21g/24.2% Sat. Fat 8.9g/10.2%</p>																			
<p style="text-align: center;">20 <u>Brunch For Lunch</u> Pancakes w/syrup Cheese Slices Carrot Crunchers Mixed Fruit Cup</p>	<p style="text-align: center;">21 Pizza Bagel Edamame Fresh Fruit</p>	<p style="text-align: center;">22 Pasta Ala Teresa Penne Pasta Homemade Marinara Sauce Mozzarella Cheese Fresh Apple</p>	<p style="text-align: center;">23 Hamburger or Veggie Burger (Cheese) On a Bun Lettuce, Tomato, Pickles Baked Potato Choc. & Vanilla Ice Cream Dixie Cup Apple</p>	<p style="text-align: center;">24 Mozzarella Sticks Whole Grain Rotini Pasta Salad Jello Fresh Fruit</p>	<p style="text-align: center;"><u>Weekly Nutrients</u></p> <p>Calories 738 Cholesterol 80mg Protein 34g/18.4% Carbohydrate 96.9 g/52.5% Total Fat 25.6g/31.2% Sat. Fat 9.6g/11.8%</p>																			
<p style="text-align: center;">27 Chicken Teriyaki Wonder Bites Dippers Brown Rice Mix Vegetables Fresh Fruit</p>	<p style="text-align: center;">28 <u>Soup & Sandwich</u> Campbell's Chicken Noodle Soup Boar's Head Turkey/Whole Wheat Bread Pickle Cup-Jello Fresh Fruit</p>	<p style="text-align: center;">29 Chicken Nuggets Dipping Sauce Baked Potato Carrot & Celery Sticks Whole Wheat Crackers Fresh Fruit</p>	<p style="text-align: center;">30 Nacho Grande Taco Meat, Tortilla Chips Shredded Cheese, Salsa Lettuce Fresh Fruit</p>	<p style="text-align: center;">31 Pizza Tossed Salad Mixed Veggie Cup Halloween Treat Apple</p>	<p style="text-align: center;"><u>Weekly Nutrients</u></p> <p>Calories 707 Cholesterol 85mg Protein 37.6g/21.3% Carbohydrate 94.3g/53.4% Total Fat 21.3g/27.1% Sat. Fat 7.3g/9.2%</p>																			