





LUNCH MENU\*

# NOVEMBER 2008

				<p>Choc. &amp; Van. Dixie Cup Lindens Choc. Chip Cookie Pepperidge Farm Goldfish served with hot lunch only</p>		<p><b><u>Daily Sandwich Choices</u></b> <b><u>in All Schools</u></b> Choice of bread: roll, white&amp; 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. <b><u>***NOW AVAILABLE***</u></b></p>
<p>3 Popcorn Chicken Brown Rice Steamed Broccoli Chocolate Pudding Applesauce</p>	<p>4  <b>School Closed</b></p>	<p>5 Pasta Ala Teresa Penne Pasta/Homemade Meat of Marinara Sauce Italian Bread Tossed Salad Non Fat Dressing Peach Cup</p>	<p>6 Charbroiled Hamburger or Veggie Burger (w/Cheese) On a Bun Lettuce, Tomato, Pickles Baked Sweet Potato Fries Fruit</p>	<p>7 Big Daddy Pizza Jello Raisins Fruit</p>	<p><b><u>Weekly Nutrients</u></b> <i>Calories 742</i> <i>Cholesterol 58 mg</i> <i>Protein 36.2g/19.5%</i> <i>Carbohydrate 109.6g/59.1%</i> <i>Total Fat 19.3g/23.4%</i> <i>Sat. Fat 7.7g/9.3%</i></p>	
<p>10 Chicken Patty Plain Or Parmigiana on a Bun Tossed Salad/Nonfat Dressing Homemade Vanilla Cake Peach Cup</p>	<p>11 <b>School Closed</b></p>	<p>12 Boar's Head Turkey Hero or Whole Wheat Bread Pickle Cup Vegetable Soup Carrot Crunchers Fruit</p>	<p>13 Grilled Chicken Caesar Salad Wrap Baked Potato Fresh Fruit</p>	<p>14 Big Daddy Pizza Carrot Crunchers Jello Fresh Fruit</p>	<p><b><u>Weekly Nutrients</u></b> <i>Calories 802</i> <i>Cholesterol 79 mg</i> <i>Protein 43.8g/21.8%</i> <i>Carbohydrate 118.7g/59.2%</i> <i>Total Fat 18.6g/20.9%</i> <i>Sat. Fat 6.6 g/7.35%</i></p>	
<p>17 Grilled Cheese Sandwich Chicken Noodle Soup Golden Corn Fresh Fruit</p>	<p>18 Chicken Nuggets/Dipping Sauce Baked Potato Wedges Edamame Lindens Chocolate Chip Cookie Fresh Fruit</p>	<p>19 Mama Teresa's Homemade Baked Ziti (Meatless) Italian Bread Carrot Crunchers Fresh Fruit</p>	<p>20 Chicken Wonder Bites Dipper w/ Teriyaki Sauce Steamed Rice Assorted Vegetables Fresh Fruit</p>	<p>21 Mozzarella Sticks Bow Tie Pasta Marinara Sauce Fresh Apple</p>	<p><b><u>Weekly Nutrients</u></b> <i>Calories 779</i> <i>Cholesterol 79 mg</i> <i>Protein 32.9g/16.9%</i> <i>Carbohydrate 110.9g/56.9%</i> <i>Total Fat 24.2g/27.9%</i> <i>Sat. Fat 9.3g/10.7%</i></p>	<p><b><u>Lunch Prices</u></b> <i>Elementary</i> \$2.00 <b>MS/HS</b> \$2.00 <b>Milk</b> \$.40 <b><u>Prepaid Lunches</u></b> <u>½ Year (Sept. through Jan)</u> Elementary(1<sup>st</sup> -5<sup>th</sup>) \$ 174.00 Middle \$ 174.00 High \$ 174.00 <u>Full Year:</u> Elementary \$342.10 Middle \$ 338.30 High \$ 325.10 <b>SUGGESTIONS WELCOME!</b> <b>Tracy Gilet</b> Cafeteria Manager 203-3600 ext. 3259</p>
<p>24 Hebrew National Hotdog On A Bun Baked Tater Tots (Sauerkraut) Fresh Fruit</p>	<p>25 <u>Holiday Dinner</u> Roasted Turkey/Gravy Mashed Potato/Sweet Potato Stuffing/Cranberry Sauce Chocolate &amp; Vanilla Ice Cream Dixie cup Fresh Fruit</p>	<p>26 <b><u>Brunch For Lunch</u></b> Pancakes w/syrup Canadian Turkey Bacon Carrot Crunchers Raisins Fresh Fruit</p>	<p>27 <b>School Closed</b></p>	<p>28 <b>School Closed</b></p>	<p>Included above with week of November 17<sup>th</sup> due to the fact there is only three serving days this week</p>	