


LUNCH MENU\*

DECEMBER 2008

<p>1 Crispy Chicken On A Bun Edamame Golden Corn Sun Sweeten Raisins</p>	<p>2 Hebrew National Hotdog On A Bun Mustard, Sauerkraut Oven Baked Sweet Potatoes Fruit</p>	<p>3 Pasta Ala Teresa Choice of Homemade Meat or Marinara Sauce French Bread Salad Cup Non Fat Dressing Fruit</p>	<p>4 Chicken Wonder Bites Dipper w/ Teriyaki Sauce Fluffy Rice Green Beans Fruit</p>	<p>5 Pizza Tossed Salad Non Fat Dressing Jello Peach Cup</p>	<p><u>Weekly Nutrients</u> Calories 733 Cholesterol 58 mg Protein 35.1g/19.2% Carbohydrate 109g/59.4% Total Fat 19.1g/23.5% Sat. Fat 7.4g/9.1%</p>	<p><u>Daily Sandwich Choices in All Schools</u> 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 <b>***NOW AVAILABLE***</b> <u>Lunch Prices</u> Elementary \$2.00 MS/HS \$2.00 Milk \$.40 <u>Prepaid Lunches</u> ½ Year (Sept.. through Jan) 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> Tracy Gilet Cafeteria Manager 203-3600 ext. 3259</p>
<p>8 Popcorn Chicken Whole Wheat Bread Steamed Broccoli Fruit</p>	<p>9 Charbroiled Hamburger or Veggie Burger (w/Cheese) On a Bun Lettuce, Tomato, Pickles Tater Tots Applesauce</p>	<p>10 Mama Teresa's Homemade Baked Ziti (Meatless) Italian Bread Tossed Salad Non Fat Dressing Fruit</p>	<p>11 Pizza Veggie Cup Fruit</p>	<p>12 <b>School Closed</b></p>	<p><u>Weekly Nutrients</u> Calories 725 Cholesterol 47 mg Protein 37g/20.4% Carbohydrate 103.4g/57.1% Total Fat 19.5g/24.2% Sat. Fat 8.1g/10%</p>	
<p>15 Chicken Patty on a Bun Steamed Broccoli Golden Corn Fruit</p>	<p>16 <u>Soup &amp; Sandwich</u> Campbell's Soup Deli Turkey, lettuce &amp; tomato Cup Whole Wheat Bread Lindens Chocolate Chip Cookie</p>	<p>17 Tacos Soft or Hard Shells Shredded Cheese, Salsa Lettuce Steamed Rice Fruit</p>	<p>18 Chicken Fingers Honey Mustard Dip Baked Potato Pickle Cup Fruit</p>	<p>19 Mozzarella Sticks Whole Grain Pasta Homemade Marinara Sauce Fruit</p>	<p><u>Weekly Nutrients</u> Calories 767 Cholesterol 76 mg Protein 35.3g/18.4% Carbohydrate 117.2g/61.1% Total Fat 19.4g/22.8% Sat. Fat 6.7g/7.83%</p>	
<p>22 Pizza Bagel Veggie Cup Jello Fruit</p>	<p>23 <u>Brunch For Lunch</u> Pancakes w/syrup Shredded Cheese Cup Vegetable Jello Peaches</p>	<p>24 <b>School Closed</b></p>	<p>25 <b>School Closed</b></p>	<p>26 <b>School Closed</b></p>	<p>This week is included with last week's analysis, due to there being only two days of lunch service.</p>	
<p>29 <b>School Closed</b></p>	<p>30 <b>School Closed</b></p>	<p>31 <b>School Closed</b></p>		<p>Choc. &amp; Van. Dixie Cup Lindens Choc. Chip Cookie Pepperidge Farm Goldfish served with hot lunch only</p>		