


LUNCH MENU\*

# JANUARY 2009

<p>Choc. &amp; Van. Dixie Cup Lindens Choc. Chip Cookie Pepperidge Farm Goldfish served with hot lunch only</p>			<p>1 School Closed</p>	<p>2 School Closed</p>	<p><b>Daily Sandwich Choices in All Schools</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, Cantigue, 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> <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 Cafeteria Manager</b> 203-3600 ext. 3259</p>
<p>5 Chicken Nuggets Dipping Sauce Baked Smiley Fries Graham Crackers Fruit</p>	<p>6 <b>Brunch For Lunch</b> Pancakes w/syrup Cheese Slices Veggie Cup Jello Applesauce</p>	<p>7 Mama Teresa's Homemade Baked Ziti (Meatless) Italian Bread Tossed Salad Non Fat Dressing Fruit</p>	<p>8 Tacos Soft or Hard Shells Shredded Cheese, Salsa Lettuce Fruit</p>	<p>9 Pizza Veggie Cup Fruit</p>	
<p>12 Hebrew National Hotdog On A Bun Sauerkraut, Pickles Golden Corn Fresh Apple</p>	<p>13 <b>Soup &amp; Sandwich</b> Campbell's Soup Deli Turkey on Whole Wheat Bread Pickle Cup Fresh Orange</p>	<p>14 Popcorn Chicken Brown Rice Steamed Broccoli Fresh Apple</p>	<p>15 Grilled Hamburger or Veggie Burger On a Bun Lettuce, Tomato, Pickles Baked Potato Fresh Orange</p>	<p>16 Mozzarella Sticks Whole Grain Pasta Homemade Marinara Sauce Fresh Apple</p>	
<p>19 <b>School Closed</b></p>	<p>20 Chicken Wonder Bites Dipper w/ Teriyaki Sauce Brown Rice Carrots Fresh Orange</p>	<p>21 Rotini Pasta Homemade Marinara Sauce Meatballs Garlic Bread Salad Cup/Non-Fat Dressing Fresh Apple</p>	<p>22 Crispy Chicken On A Bun Lettuce, Tomato, Pickle Golden Corn Fresh Orange</p>	<p>23 Pizza Jello Veggie Cup Fruit Apple</p>	
<p>26 Chicken Fajita Soft Shell Tortilla Sour Cream(Fat Free) Fluffy Rice Lettuce &amp; Tomato Fresh Orange</p>	<p>27 Grilled Cheese Sandwich On Whole Wheat Bread Homemade Chicken Noodle Soup Cole Slaw Fresh Apple</p>	<p>28 Mama Teresa's Penne Pasta Choice of Homemade Meat or Marinara Sauce French Bread Mini Carrots Fresh Orange</p>	<p>29 Nacho Grande Taco Meat, Tortilla Chips Shredded Cheese, Salsa Rice Lettuce &amp; Tomato Fresh Apple</p>	<p>30 Pizza Jello Veggie Cup Fresh Orange</p>	