



LUNCH MENU*

FEBRUARY 2009

<p>2</p> <p>Popcorn Chicken Steamed Broccoli Brown Rice Applesauce</p>	<p>3</p> <p>Tacos Soft or Hard Shells Shredded Cheese, Salsa Lettuce Fresh Cut Carrots Raisins</p>	<p>4</p> <p>Brunch For Lunch Pancakes w/syrup Cheese Strips Veggie Cup Fresh Oranges Slices</p>	<p>5</p> <p>Mama Teresa's Homemade Marinara Sauce Meatballs Bowtie Pasta Italian Bread Baby Carrots Fruit</p>	<p>6</p> <p>Pizza Fresh Cut Carrots & Celery Sticks Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 702 Cholesterol 76 mg Protein 32.2g/18.3% Carbohydrate 103g/58.7% Total Fat 19.4g/24.9% Sat. Fat 8.3g/10.7%</p>	<p>Daily Sandwich Choices in All Schools</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.</p>																		
<p>9</p> <p>Grilled Cheese Sandwich On Whole Wheat Bread Edamame Pickle Cup Pineapple</p>	<p>10</p> <p>Chicken Fingers Honey Mustard Dip Baked Potato Whole Wheat Crackers Orange Slices</p>	<p>11</p> <p>Homemade Meat or Marinara Sauce Whole Grain Rotini Pasta French Bread Salad Cup Non Fat Dressing Fruit</p>	<p>12</p> <p>Char-Broiled Burger Or Veggie Burger On a Bun Lettuce, Tomato, Pickles Baked Smiley Fries Fresh Fruit</p>	<p>13</p> <p>Pizza Lettuce & Tomato Cup Non Fat Dressing Jello Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 718 Cholesterol 65 mg Protein 34.5g/19.3% Carbohydrate 104.5g/58.3% Total Fat 20.0 g/25.0% Sat. Fat 8.7g/10.9%</p>	<p>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.</p>																		
<p>16</p> <p>SCHOOL CLOSED</p>	<p>17</p> <p>SCHOOL CLOSED</p>	<p>18</p> <p>SCHOOL CLOSED</p>	<p>19</p> <p>SCHOOL CLOSED</p>	<p>20</p> <p>SCHOOL CLOSED</p>		<p>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</p>																		
<p>23</p> <p>Teriyaki Chicken Wonder Bites Dipper Brown Rice Vegetable Medley Peaches</p>	<p>24</p> <p>Soup & Sandwich Deli Turkey on A Kaiser Roll Homemade Vegetable Soup Pepperidge Farm Pretzel Fish Snack Fruit</p>	<p>25</p> <p>Penne Pasta Homemade Marinara Sauce Shredded Mozzarella French Bread Carrot Sticks Fresh Fruit</p>	<p>26</p> <p>Grilled Chicken On A Bun Brown Rice Golden Corn Steamed Green Beans Orange Slices</p>	<p>27</p> <p>Mozzarella Sticks Whole Grain Rotini Pasta Homemade Marinara Sauce Garden Salad Non Fat Dressing Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 715 Cholesterol 70 mg Protein 37g/20.7% Carbohydrate 103g/57.6% Total Fat 18.4g/23.1% Sat. Fat 4.8g/6.0%</p>	<p>***NOW AVAILABLE*** <u>Lunch Prices</u></p> <table border="0"> <tr> <td>Elementary</td> <td>\$2.00</td> </tr> <tr> <td>MS/HS</td> <td>\$2.00</td> </tr> <tr> <td>Milk</td> <td>\$.40</td> </tr> </table> <p>Prepaid Lunches <u>½ Year (Sept. through Jan)</u></p> <table border="0"> <tr> <td>Elementary(1st -5th)</td> <td>\$ 166.35</td> </tr> <tr> <td>Middle</td> <td>\$ 164.45</td> </tr> <tr> <td>High</td> <td>\$ 151.20</td> </tr> </table> <p><u>Full Year:</u></p> <table border="0"> <tr> <td>Elementary</td> <td>\$342.10</td> </tr> <tr> <td>Middle</td> <td>\$ 338.30</td> </tr> <tr> <td>High</td> <td>\$ 325.10</td> </tr> </table>	Elementary	\$2.00	MS/HS	\$2.00	Milk	\$.40	Elementary(1 st -5 th)	\$ 166.35	Middle	\$ 164.45	High	\$ 151.20	Elementary	\$342.10	Middle	\$ 338.30	High	\$ 325.10
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				<p>Choc. & Van. Dixie Cup Lindens Choc. Chip Cookie Pepperidge Farm Goldfish served with hot lunch only</p>		<p>SUGGESTIONS WELCOME! Tracy Gilet Cafeteria Manager 203-3600 ext. 3259</p>																		