

**LUNCH MENU\***

**MARCH 2009**

<p>2 Hebrew National Hotdog On A Bun Mustard/Sauerkraut Smiley Fries Fresh Fruit</p>	<p>3 <b>Brunch For Lunch</b> Pancakes w/syrup Egg Patty Fresh veggie cup Fresh Fruit For Elementary only/for ***Ms/Hs see below</p>	<p>4 Pasta Ala Teresa Homemade Meat of Marinara Sauce Italian Bread Baby Carrots Chilled Fruit</p>	<p>5 Grilled Chicken On A Bun Baked Potato Fresh Fruit</p>	<p>6 Big Daddy Pizza Carrot Crunchers Jello Fresh Fruit</p>	<p><b>Weekly Nutrients</b> Calories 753 Cholesterol 68mg Protein 32.3g/17.1% Carbohydrate 110.3g/58.6% Total Fat 21.9g/26.1 % Sat. Fat 8.9g/10.6 %</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, 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></p>
<p>9 Chicken Wonder Bites Dipper w/ Teriyaki Sauce Rice Peas/Carrots Fruit</p>	<p>10 Grilled Cheese Sandwich On Whole Wheat Bread Campbell's Soup Pickle Cup Cape Cod Potato Chips Fruit</p>	<p>11 Bow Tie Pasta Homemade Meat or Marinara Sauce French Bread Fresh Cut Carrots Sticks Fruit</p>	<p>12 <b>Soup &amp; Sandwich</b> Homemade Vegetable Soup Boars' Head Turkey/Whole Wheat Bread Pickle Cup Jello Apple Sauce</p>	<p>13 Big Daddy Pizza Tossed Salad Fat-Free Dressing Jello Fresh Fruit</p>	<p><b>Weekly Nutrients</b> Calories 761 Cholesterol 84mg Protein 43.6g/22.9% Carbohydrate 109g/57.3% Total Fat 17.9g/21.1 % Sat. Fat 8.2g/9.7 %</p>	<p><b>Lunch Prices</b> Elementary \$2.00 MS/HS \$2.00 Milk \$.40</p>
<p>16 Popcorn Chicken Brown Rice Edamame Broccoli Raisins</p>	<p>17 Nacho Grande Taco Meat, Tortilla Chips and rice Shredded Cheese, Lettuce, Salsa Fresh Fruit</p>	<p>18 Char-Broiled Hamburger Or Veggie Burger On a Bun Lettuce, Tomato, Pickles Baked Sweet Potato Fries Fresh Fruit</p>	<p>19 <b>Soup &amp; Sandwich</b> Homemade Vegetable Soup Boars' Head Turkey/Whole Wheat Bread Pickle Cup Jello Apple Sauce</p>	<p>20 Mozzarella Sticks Whole Grain Pasta Homemade Marinara Sauce Tossed Salad Fat-Free Dressing Fruit</p>	<p><b>Weekly Nutrients</b> Calories 739 Cholesterol 70mg Protein 38.3g/20.8% Carbohydrate 104.4g/56.5% Total Fat 20.3g/24.7 % Sat. Fat 6.1g/7.4 %</p>	<p><b>Prepaid Lunches</b> <u>½ Year (Sept. through Jan)</u> Elementary(1<sup>st</sup> -5<sup>th</sup>) \$166.35 Middle \$164.45 High \$151.20 <u>Full Year:</u> Elementary \$342.10 Middle \$338.30 High \$325.10</p>
<p>23 Grilled Chicken On A Bun Baked Potato Fresh Fruit</p>	<p>24 Pasta Ala Teresa Homemade Meat of Marinara Sauce Italian Bread Tossed Salad Non Fat Dressing Fruit</p>	<p>25 Crispy Chicken On A Bun Lettuce, Tomato, Pickle Golden Corn Fresh Fruit</p>	<p>26 Beef Gyro Tossed Salad Non-Fat Dressing Choc. &amp; Vanilla Ice Cream Dixie Cup Fruit</p>	<p>27 Big Daddy Pizza Tossed Salad Fat-Free Dressing Jello Fresh Fruit</p>	<p><b>Weekly Nutrients</b> Calories 733 Cholesterol 69mg Protein 35.8g/19.5% Carbohydrate 106.7g/58.3% Total Fat 20.2g/24.8 % Sat. Fat 8.4g/10.3 %</p>	<p><b>SUGGESTIONS WELCOME!</b> Tracy Gilet Cafeteria Manager 203-3600 ext. 3259</p>
<p>30 Chicken Fingers Honey Mustard Dip Baked Sweet Potato Granola Fruit</p>	<p>31 Pizza Bagel Garden Salad Non Fat Dressing Fresh Fruit</p>		<p>***Southern Style Oven Baked Chicken Mashed Potato/Brown Gravy Fresh Fruit</p>	<p><b>Choc. &amp; Van. Dixie Cup Lindens Choc. Chip Cookie Pepperidge Farm Goldfish/Pretzel Cape Cod Potato Chips served with hot lunch only</b></p>	<p>Analysis for March 30&amp;31 included above with week of March 23-27.</p>	