




APRIL 2009

<p>Choc. & Van. Dixie Cup Lindens Choc. Chip Cookie Pepperidge Farm Goldfish/Pretzel Cape Cod Potato Chips served with hot lunch only</p>		<p>1 Homemade Baked Ziti (Meatless) Italian Bread Salad Cup/Non Fat Dressing Blueberries Fresh Pear</p>	<p>2 <u>Brunch For Lunch</u> Pancakes w/syrup Egg Patty Veggie Cup Jello Fresh Oranges For Elementary only/for ***Ms/Hs see below</p>	<p>3 Southern Style Oven Baked Chicken Biscuit Golden Corn Peach Fruit Cup</p>	<p>Weekly Nutrients Calories 726 Cholesterol 99 mg Protein 32.9g/18.1% Carbohydrate 105.8 g/58.3% Total Fat 21 g/26% Sat. Fat 7.1 g/8.8%</p>	<p>Daily Sandwich Choices <i>in All Schools</i> Choice of bread: roll, white& 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 ***NOW AVAILABLE***</p>
<p>6 Popcorn Chicken Homemade Pasta Salad W/Vegetables Golden Corn Fresh Pear</p>	<p>7 Nacho Grande Taco Meat, Tortilla Chips Shredded Cheese, Lettuce, Salsa Fresh Pear</p>	<p>8 Pasta Ala Teresa Homemade Marinara Sauce Meatballs Italian Bread Carrot Sticks Fresh Fruit</p>	<p>9 SCHOOL CLOSED</p>	<p>10 SCHOOL CLOSED</p>	<p><i>Analysis of this three day week included with previous week of April 1-3</i></p>	
<p>13 SCHOOL CLOSED</p>	<p>14 SCHOOL CLOSED</p>	<p>15 SCHOOL CLOSED</p>	<p>16 SCHOOL CLOSED</p>	<p>17 SCHOOL CLOSED</p>		
<p>20 Grilled Chicken On A Bun Oven Baked Smiley Fries Fresh Fruit</p>	<p>21 Hamburger Or Veggie Burger On a Bun Lettuce, Tomato, Pickles Golden Corn Blueberries</p>	<p>22 Penne Pasta Homemade Meat or Marinara Sauce French Bread Salad Cup/Fat Free Dressing Fruit</p>	<p>23 Crispy Chicken On A Bun Lettuce, Tomato, Pickle Golden Corn Fresh Fruit</p>	<p>24 Big Daddy Pizza Tossed Salad Fat-Free Dressing Jello Fresh Fruit</p>	<p>Weekly Nutrients Calories 730 Cholesterol 60 mg Protein 35.7 g/19.6% Carbohydrate 111.3 g/61% Total Fat 18.1g/22.3% Sat. Fat 7.1g/8.7%</p>	
<p>27 Chicken Fingers Honey Mustard Dip Baked Sweet Potato Fries Broccoli Fruit</p>	<p>28 Deli Turkey On Hero Bread Oven Baked Smiley Fries Pickles Jello Cup Fresh Fruit</p>	<p>29 Tri Color Fusilli Pasta Homemade Pomodoro Sauce Meatballs Italian Bread Tossed Salad Fruit</p>	<p>30 Mozzarella Sticks Whole Grain Pasta Homemade Marinara Sauce Tossed Salad Fat-Free Dressing Peach Cup</p>	<p>*** Ms/Hs Chicken Asian Style With Rice Steamed Broccoli Fresh Fruit</p>	<p>Weekly Nutrients Calories 728 Cholesterol 75 mg Protein 36.5g/20.1% Carbohydrate 109.7g/60.3% Total Fat 17.7g/21.9% Sat. Fat 4.5g/5.5%</p>	

Lunch Prices

Elementary	\$2.00
MS/HS	\$2.00
Milk	\$.40

Prepaid Lunches
½ Year (Sept. through Jan)

Elementary(1 st -5 th)	\$ 166.35
Middle	\$ 164.45
High	\$ 151.20
Full Year:	
Elementary	\$342.10
Middle	\$ 338.30
High	\$ 325.10

SUGGESTIONS WELCOME!
Tracy Gilet Cafeteria Manager
203-3600 ext. 3259

