



# JUNE 2009

<p>1</p> <p>Grilled Cheese Sandwich Pickle Cup Pepperidge Farms Pretzels Fruit</p>	<p>2</p> <p><b>All Elementary Schools Brunch For Lunch</b> Pancakes w/ syrup Turkey Canadian Bacon Bun Jello Fruit ***Ms/Hs see below</p>	<p>3</p> <p>Pasta Ala Teresa Homemade Meat Or Marinara Sauce French Bread Fresh Cut Carrots Fruit</p>	<p>4</p> <p>Popcorn Chicken Golden Corn Brown Rice Fruit</p>	<p>5</p> <p>Pizza Fresh Cut Carrots &amp; Celery Sticks Fruit</p>	<p><b>Weekly Nutrients</b></p> <p>Calories 753 Cholesterol 70mg Protein 34.5g/17.8% Carbohydrate 110.2g/58.7% Total Fat 21.5g/25.7% Sat. Fat 8.8g/10.5%</p>	<p><b>Daily Sandwich Choices in All Schools</b></p> <p>Choice of bread: roll, white 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><b>Lunch Prices</b></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><b>Prepaid Lunches</b> ½ Year (feb.-jun.)</p> <table border="0"> <tr> <td>Elementary(1<sup>st</sup> -5<sup>th</sup>)</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>Full Year:</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> <p><b>SUGGESTIONS WELCOME!</b> <b>Tracy Gilet</b> Cafeteria Manager 203-3600 ext. 3259</p>	Elementary	\$2.00	MS/HS	\$2.00	Milk	\$.40	Elementary(1 <sup>st</sup> -5 <sup>th</sup> )	\$ 166.35	Middle	\$ 164.45	High	\$ 151.20	Elementary	\$342.10	Middle	\$ 338.30	High	\$ 325.10
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<p>8</p> <p>Crispy Chicken On A Bun Lettuce, Tomato, Pickles Sweet Potato Fries Applesauce Fruit</p>	<p>9</p> <p>Tacos Soft or Hard Taco Shells Shredded Cheese, Salsa, Fluffy Rice Fruit</p>	<p>10</p> <p>Homemade Baked Ziti (Meatless) Italian Bread Tossed Salad Non Fat Dressings Fruit</p>	<p>11</p> <p>Asian Style Chicken Bites Dipping Sauce Brown Rice Green Beans Fruit</p>	<p>12</p> <p>Pizza Fresh Cut Veggie Cup Fruit</p>	<p><b>Weekly Nutrients</b></p> <p>Calories 696 Cholesterol 53mg Protein 35.1g/20.2% Carbohydrate 100g/57.4% Total Fat 18.5g/23.9% Sat. Fat 7.4g/9.5%</p>																			
<p>15</p> <p>Popcorn Chicken Golden Corn Homemade Cake Fruit</p>	<p>16</p> <p>All Beef Hotdog On A Bun Sauerkraut, Pickle Sweet Potato Fries Fruit</p>	<p>17</p> <p>Spaghetti &amp; Meatballs Homemade Marinara Sauce Italian Bread Lettuce &amp; Tomato Cup Fat Free Dressing Fruit</p>	<p>18</p> <p>All American Grilled Burger or Veggie Burger On a Bun Lettuce, Tomato, Pickles Oven Baked Fries Fruit</p>	<p>19</p> <p>Mozzarella Sticks Pasta Homemade Marinara Sauce Veggie Cup Fruit</p>	<p><b>Weekly Nutrients</b></p> <p>Calories 752 Cholesterol 73mg Protein 38.0g/20.2% Carbohydrate 104.3g/55.5% Total Fat 21.6g/25.9% Sat. Fat 6.9g/8.3%</p>																			
<p>22</p> <p>Deli Turkey On Hero Bread Pickles Lettuce &amp; Tomato Cup Watermelon Slice</p>	<p>23</p> <p>Pizza Bagel Garden Salad Non Fat Dressing Fruit</p>	<p>24</p> <p>*** For Middle &amp; High School Chicken Fajita Soft Shell Tortilla Sour Cream Chopped Tomato Fruit</p>	<p>25</p>	<p>26</p>	<p>Due to two days the analysis of this week is included above with week of June 15<sup>th</sup></p>																			
<p>29</p> <p><b>THE CAFTERIA</b></p>	<p>30</p> <p><b>STAFF</b></p>	<p><b>WISHES ALL OUR</b></p>	<p><b>STUDENTS A SAFE</b></p>	<p><b>AND HAPPY SUMMER</b></p>																				

