




SEPTEMBER 2009

	1	2	3	4	<u>Weekly Nutrients</u> See next week's analysis, Sept. 3 & 4 included with next week	<u>Daily Sandwich Choices in All Schools</u> Choice of bread: Whole Grain, Kaiser roll, white. Sliced turkey, tuna salad, bologna, American cheese, peanut butter and jelly. Two 4 oz. Yogurt may be selected as a lunch alternate. Second entrée available for \$2.00 <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 – 100% Orange Juice, 100% Grape Juice. ***NOW AVAILABLE*** <u>Lunch Prices</u> Elementary \$2.50 MS/HS \$2.50 Milk \$.40 <u>Prepaid Lunches</u> ½ Year (SEPT-JAN.) Elementary(1 st -5 th) \$ 212.50 Middle \$ 212.50 High \$ 212.50 Full Year: Elementary (1 st -5 th) \$422.50 Middle \$417.50 High \$ 400.00 SUGGESTIONS WELCOME! Tracy Gilet Cafeteria Manager 203-3600 ext. 3259
	7	8	9	10	11	
14	15	16	17	18	<u>Weekly Nutrients</u> Calories 698 Cholesterol 60mg Protein 33.3g/19.1% Carbohydrate 98.9g/56.7% Total Fat 20.5g/26.5% Sat. Fat 8.3g/10.7%	
21	22	23	24	25	<u>Weekly Nutrients</u> Calories 714 Cholesterol 78mg Protein 31.7g/17.8% Carbohydrate 99.8g/56% Total Fat 22.6 g/28.4% Sat. Fat 9.4g/11.9%	
28	29	30			<u>Weekly Nutrients</u> See week above, Sept 29 & 30 are included with previous week analysis.	



School Closed

Whole Grain Chicken Nuggets
 Honey Mustard Dip
 Bread Sticks
 Oven Baked Fries
 Fruit

Brunch For Lunch
 Pancakes w/syrup
 Turkey Canadian Bacon
 Veggie Cup
 Fruit

School Closed

Chicken Fingers
 Honey Mustard Dip
 Baked Sweet Potato
 Fries
 Fruit

Nacho Grande
 Taco Meat, Tortilla
 Chips
 Shredded Cheese,
 Lettuce, Salsa
 Rice
 Fresh Fruit

Grilled Cheese Sandwich
 Pickle Cup
 Choc. & Vanilla Ice
 Cream Dixie Cup
 Fruit

Popcorn Chicken
 Golden Corn
 Brown Rice
 Fruit

Penne Pasta
 Homemade
 Meat or Marinara Sauce
 French Bread
 Salad Cup/Fat Free
 Dressing
 Fruit

Homemade Baked Ziti (Meatless)
 Italian Bread
 Tossed Salad
 Non Fat Dressings
 Fruit

Tacos
 Soft or Hard Taco Shells
 Shredded Cheese, Lettuce
 Salsa,
 Fluffy Rice
 Fruit

Pasta Ala Teresa
 Homemade Meat Or
 Marinara Sauce
 French Bread
 Fresh Cut Vegetable
 Fruit

Crispy Chicken On A Bun
 Lettuce, Tomato, Pickles
 Applesauce
 Fruit

Char-Broiled Hamburger Or Veggie Burger On a Bun
 Lettuce, Tomato, Pickles
 Corn
 Fresh Fruit

Natural Grilled Chicken Breast On A Bun
 Lettuce, Tomato, Pickle
 Golden Corn
 Fresh Fruit

Whole Grain Chicken Nuggets
 Dipping Sauce
 Brown Rice
 Green Beans
 Fruit

Pizza
 Fresh Cut
 Carrots & Celery Sticks
 Jello
 Fruit

Pizza
 Jello
 Veggie Cup
 Fruit

Pizza
 Tossed Salad
 Non Fat Dressing
 Jello
 Fruit

Pizza
 Jello
 Veggie Cup
 Fruit

Weekly Nutrients
 See next week's analysis, Sept. 3 & 4 included with next week

Weekly Nutrients
 Calories 682
 Cholesterol 62mg
 Protein 33.6g/19.7%
 Carbohydrate 98.4g/57.7%
 Total Fat 19.1g/25.1%
 Sat. Fat 7.8g/10.2%

Weekly Nutrients
 Calories 698
 Cholesterol 60mg
 Protein 33.3g/19.1%
 Carbohydrate 98.9g/56.7%
 Total Fat 20.5g/26.5%
 Sat. Fat 8.3g/10.7%

Weekly Nutrients
 Calories 714
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 Protein 31.7g/17.8%
 Carbohydrate 99.8g/56%
 Total Fat 22.6 g/28.4%
 Sat. Fat 9.4g/11.9%

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 MS/HS \$2.50
 Milk \$.40
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 Middle \$ 212.50
 High \$ 212.50
 Full Year:
 Elementary (1st-5th) \$422.50
 Middle \$417.50
 High \$ 400.00
SUGGESTIONS WELCOME!
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