

# October 2009



<p>Choc. &amp; Van. Dixie Cup          Lindens Choc. Chip Cookie          Pepperidge Farm Goldfish          served with hot          lunch only</p>			<p>1          Char-Broiled Hamburger          Or Veggie Burger          On a Bun          Tater Tots          Pickles          Orange</p>	<p>2          Pizza          Fresh Cut          Carrots &amp; Celery Sticks          Jello          Apple</p>	<p><b>Weekly Nutrients</b>  <i>Included in next week- Oct 1-9          analyzed as one week. See below</i></p>	<p><b>Daily Sandwich Choices          in All Schools</b>          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.  <b>***NOW AVAILABLE***</b>  <b>Lunch Prices</b>  <i>Elementary \$2.50</i>  <i>MS/HS \$2.50</i>  <i>Milk \$.40</i>  <b>Prepaid Lunches</b>  <u>½ Year (SEPT-JAN.)</u>          Elementary(1<sup>st</sup>–5<sup>th</sup>) \$ 212.50          Middle \$ 212.50          High \$ 212.50  <u>Full Year:</u>          Elementary (1<sup>st</sup>-5<sup>th</sup>) \$422.50          Middle \$417.50          High \$ 400.00  <b>SUGGESTIONS WELCOME!</b>  <b>Tracy Gilet Cafeteria</b>          Manager          203-3600 ext. 3259</p>
<p>5          Hebrew National Hotdog          On A Bun          Sauerkraut, Pickles          Golden Corn          Fruit</p>	<p>6          Tangerine Chicken          Vegetable Fried Rice          Fruit</p>	<p>7          Mac &amp; Cheese          Deli Turkey On A Kaiser          Roll          Edamame          Apple Sauce</p>	<p>8          Grilled Chicken Breast          On a Bun          Lettuce &amp; Tomato Cup          Golden Corn          Fruit</p>	<p>9          Mozzarella Sticks          Pasta          Homemade Marinara Sauce          Lettuce &amp; Tomato Cup          Fresh Fruit</p>	<p><b>Weekly Nutrients</b>  <i>Calories 679</i>  <i>Cholesterol 77mg</i>  <i>Protein 36.2g/21.3%</i>  <i>Carbohydrate 92.3g/54.4%</i>  <i>Total Fat 19.8g/26.2 %</i>  <i>Sat. Fat 8g/10.6%</i></p>	
<p>12  <b>School Closed</b></p>	<p>13          Chicken Fingers          Honey Mustard Dip          Baked Sweet Potato Fries          Fruit</p>	<p>14          Pasta Ala Teresa          Homemade Marinara Sauce          Meatballs          French Bread          Fresh Cut Carrot Sticks          Fresh Fruit</p>	<p>15          Chicken Fajita Wrap          Fluffy Rice          Lettuce &amp; Tomato Cup          Fruit</p>	<p>16          Pizza          Jello          Veggie Cup          Fruit</p>	<p><b>Weekly Nutrients</b>  <i>Calories 700</i>  <i>Cholesterol 90mg</i>  <i>Protein 34.6g/19.8%</i>  <i>Carbohydrate 96.7g/55.3%</i>  <i>Total Fat 20.9g/26.9 %</i>  <i>Sat. Fat 5.8g/7.4%</i></p>	
<p>19          Whole Grain Chicken          Nuggets          Honey Mustard Dip          Baked Tater Tots          Fruit</p>	<p>20          Nacho Grande          Taco Meat, Tortilla Chips          Shredded Cheese, Lettuce, Salsa          Rice          Fresh Fruit</p>	<p>21          Homemade Baked Ziti          (Meatless)          Italian Bread          Tossed Salad          Non Fat Dressings          Fruit</p>	<p>22          Popcorn Chicken          Golden Corn          Brown Rice          Fruit</p>	<p>23          Pizza          Jello          Veggie Cup          Fruit</p>	<p><b>Weekly Nutrients</b>  <i>Calories 700</i>  <i>Cholesterol 55mg</i>  <i>Protein 32.8g/18.7%</i>  <i>Carbohydrate 98.7g/56.4%</i>  <i>Total Fat 21.2g/27.3 %</i>  <i>Sat. Fat 8.5g/10.9%</i></p>	
<p>26  <b>Brunch For Lunch</b>          Pancakes w/syrup          Turkey Canadian Bacon          Veggie Cup          Fruit</p>	<p>27          Crispy Chicken On A          Bun          Lettuce, Tomato, Pickles          Applesauce          Fruit</p>	<p>28          Pasta Ala Teresa          Homemade Meat Or          Marinara Sauce          French Bread          Fresh Cut Vegetable          Fruit</p>	<p>29  <b>Soup &amp; Sandwich</b>          Campbell's Soup          Deli Turkey on Roll          Pickle Cup          Fresh Orange</p>	<p>30          Pizza Bagel          Jello          Veggie Cup          Fruit</p>	<p><b>Weekly Nutrients</b>  <i>Calories 697</i>  <i>Cholesterol 73mg</i>  <i>Protein 35.1g/20.2%</i>  <i>Carbohydrate 106.2g/60.9%</i>  <i>Total Fat 16.3g/21.2 %</i>  <i>Sat. Fat 6.3g/8.2%</i></p>	