




# December 2009

**\*SUBJECT TO CHANGE**

	1	2	3	4	<b><u>Weekly Nutrients</u></b>	<p><b><u>Daily Sandwich Choices</u></b>  <b><u>in All Schools</u></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></p> <p><b>Lunch Prices</b>                      Elementary \$2.50                      MS/HS \$2.50                      Milk \$.40</p> <p><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</p> <p><b>SUGGESTIONS WELCOME!</b>                      Tracy Gilet Cafeteria Manager                      203-3600 ext. 3259</p>
	Whole Grain Chicken Nuggets Honey Mustard Dip Oven Baked Fries Fruit	Pasta Ala Teresa Homemade Meat Or Marinara Sauce Italian Bread Fresh Cut Carrots Strawberry Cup	Chicken Fajita Soft Shell Tortilla Fluffy Rice Lettuce & Tomato Cup Fruit	Pizza Fresh Cut Carrots & Celery Sticks Jello Fruit	<b><u>Weekly Nutrients</u></b>	
7	8	9	10	11	<b><u>Weekly Nutrients</u></b>	
Char-Broiled Hamburger Or Veggie Burger On a Bun Lettuce, Tomato, Pickles Corn Fresh Fruit	Popcorn Chicken Steamed Broccoli Brown Rice Fruit	Penne Pasta/Homemade Meat or Marinara Sauce French Bread Salad Cup/Fat Free Dressing Fruit	Mozzarella Sticks Chicken Tenders Dipping Sauce Golden Corn Fruit	Superintendent's Conference Day	<b><u>Weekly Nutrients</u></b>	
14	15	16	17	18	<b><u>Weekly Nutrients</u></b>	
Grilled Chicken Breast On a Bun Lettuce & Tomato Cup Golden Corn Fruit	<b><u>Brunch For Lunch</u></b> Pancakes w/syrup Shredded Monetary Jack Cheese Cup Veggie Cup Fruit	Spaghetti & Meatballs Homemade Marinara Sauce Italian Bread Lettuce & Tomato Cup Fat Free Dressing Fresh Fruit	Crispy Chicken On A Bun Lettuce, Tomato, Pickles Golden Corn Fruit	Pizza Jello Veggie Cup Fruit	<b><u>Weekly Nutrients</u></b>	
21	22	23	24	25	<b><u>Weekly Nutrients</u></b>	
Chicken Poppers Rice Lettuce & Tomato Cup Fruit	Pasta Ala Teresa Homemade Meat Or Marinara Sauce Italian Bread Lettuce & Tomato Cup Strawberry Cup	<b><u>Soup &amp; Sandwich</u></b> Grilled Cheese Sandwich Homemade Vegetable Soup W/ Noodles Pickle Cup Snowman Cookie Fruit	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b><u>Weekly Nutrients</u></b>	
28	29	30	31			
<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	<b>SCHOOL CLOSED</b>	Choc. & Van. Dixie Cup Lindens Choc. Chip Cookie Cookies, Snowman Cookies Pepperidge Farm Goldfish served with hot lunch only		