




January 2010

***SUBJECT TO CHANGE**

<p>Choc. & Van. Dixie Cup Lindens Choc. Chip Cookie Cookies Pepperidge Farm Goldfish served with hot lunch only</p>				<p style="text-align: center;">School Closed</p>	<p style="text-align: center;">1</p>	<p><u>Daily Sandwich Choices</u> <u>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***</p>
<p style="text-align: right;">4</p> <p>Whole Grain Chicken Nuggets Honey Mustard Dip Brown Rice Steamed Broccoli Fresh Orange</p>	<p style="text-align: right;">5</p> <p><u>Brunch For Lunch</u> Pancakes w/syrup Egg Patty Tater Tots Fresh Apple</p>	<p style="text-align: right;">6</p> <p>Spaghetti & Meatballs Homemade Marinara Sauce Italian Bread Lettuce & Tomato Cup Fat Free Dressing Fresh Orange</p>	<p style="text-align: right;">7</p> <p>Chicken Poppers Macaroni & Cheese Fresh Cut Carrot & Celery Sticks Strawberry Slices/ Non Dairy Topping</p>	<p style="text-align: right;">8</p> <p>Pizza Bagel Jello Lettuce & Grape Tomato Cup Fresh Apple</p>	<p style="text-align: center;"><u>Weekly Nutrients</u></p> <p><i>Calories 758</i> <i>Cholesterol 123 mg</i> <i>Protein 35.3g/18.7%</i> <i>Carbohydrate 105g/55.4%</i> <i>Total Fat 23.7g/28.2%</i> <i>Sat. Fat 9.2g/10.9%</i></p>	
<p style="text-align: right;">11</p> <p>Char-Broiled Hamburger Or Veggie Burger On a Bun Lettuce, Tomato, Pickles Corn Fresh Orange</p>	<p style="text-align: right;">12</p> <p>Grilled Chicken On Bun Oven Baked Smiley Potatoes Lettuce& Grape Tomato Cup Fresh Apple</p>	<p style="text-align: right;">13</p> <p>Penne Pasta/Homemade Meat or Marinara Sauce French Bread Fresh Cut Carrot Sticks Fresh Orange</p>	<p style="text-align: right;">14</p> <p>Whole Grain Chicken Tenders Sweet Potato Wedges Lettuce & Grape Tomato Cup W/CROUTONS Fresh Apple</p>	<p style="text-align: right;">15</p> <p>Pizza Jello Veggie Cup Strawberry Slices</p>	<p style="text-align: center;"><u>Weekly Nutrients</u></p> <p><i>Calories 663</i> <i>Cholesterol 65 mg</i> <i>Protein 32.6g/19.7%</i> <i>Carbohydrate 95g/57.3%</i> <i>Total Fat 18.8 g/25.5%</i> <i>Sat. Fat 7.5 g/10.1%</i></p>	
<p style="text-align: right;">18</p> <p style="text-align: center;">School Closed</p>	<p style="text-align: right;">19</p> <p>Grilled Cheese Sandwich Kosher Pickles Golden Corn Pepperidge Farm Goldfish Fresh Orange</p>	<p style="text-align: right;">20</p> <p>Chicken Fajita Soft Shell Tortilla Brown Rice Steamed Broccoli Fresh Apple</p>	<p style="text-align: right;">21</p> <p>Homemade Baked Ziti (Meatless) Italian Bread Salad Cup/ Non- Fat Dressing Fresh Orange</p>	<p style="text-align: right;">22</p> <p>Pizza Jello Veggie Cup Fresh Apple</p>	<p style="text-align: center;"><u>Weekly Nutrients</u></p> <p><i>Calories 742</i> <i>Cholesterol 54 mg</i> <i>Protein 36.4g/19.6%</i> <i>Carbohydrate 107g/57.6%</i> <i>Total Fat 20.6 g/25%</i> <i>Sat. Fat 9.2g/11.1%</i></p>	<p>Lunch Prices <i>Elementary \$2.50</i> <i>MS/HS \$2.50</i> <i>Milk \$.40</i></p> <p><u>Prepaid Lunches</u> <u>½ Year (SEPT-JAN.)</u> Elementary (1st –5th) \$ 212.50 Middle \$ 212.50 High \$ 212.50 <u>Full Year:</u> Elementary (1st-5th) \$422.50 Middle \$417.50 High \$ 400.00</p>
<p style="text-align: right;">25</p> <p>Crispy Chicken On A Bun Vegetable Stir Fry Brown Rice Fresh Orange</p>	<p style="text-align: right;">26</p> <p>Pizza Jello Veggie Cup Fresh Apple</p>	<p style="text-align: right;">27</p> <p>Nacho Grande Taco Meat, Tortilla Chips Shredded Cheese, Lettuce, Salsa Fresh Orange</p>	<p style="text-align: right;">28</p> <p><u>Soup & Sandwich</u> Homemade Soup W/ Noodles & Vegetables Deli Turkey Wrap Pickle Cup Chocolate Pudding Fresh Apple</p>	<p style="text-align: right;">29</p> <p>Popcorn Chicken Steamed Broccoli Brown Rice Fresh Orange</p>	<p style="text-align: center;"><u>Weekly Nutrients</u></p> <p><i>Calories 701</i> <i>Cholesterol 68 mg</i> <i>Protein 37.8g/21.6%</i> <i>Carbohydrate 96.7g/55.2%</i> <i>Total Fat 19.4 g/24.9%</i> <i>Sat. Fat 7.2 g/9.3%</i></p>	<p>SUGGESTIONS WELCOME! Tracy Gilet Cafeteria Manager 203-3600 ext. 3259</p>