



DECEMBER 2005

			<p>1</p> <p>Grilled Cheese Sandwich Homemade Soup Pickle Cup Applesauce</p>	<p>2</p> <p>Pizza Tossed Salad Non-Fat Dressing Veggie Sticks Peaches</p>	<p>Weekly Nutrients</p> <p>Calories 770 Cholesterol 61 mg Protein 29 g/ 15% Carbohydrate 114g/ 59% Total Fat 24.4g/ 28.5% Sat. Fat 8.8g/ 10.2%</p>	<p>Daily Sandwich Choices in All Schools</p> <p>Choice of bread, roll, or bagel. Sliced turkey, tuna salad, bologna, American cheese, peanut butter and jelly. A Sandwich is a substitute for the main item of the Lunch Menu</p>
<p>5</p> <p>Taco Hard Or Soft Shell Shredded Cheese Lettuce Taco Sauce Golden Corn Orange Slices</p>	<p>6</p> <p>Hardy Homemade Chicken Soup Boar's Head Turkey On A Club Roll Pickle Cup Apple Slices</p>	<p>7</p> <p>Pizza Bagel Mixed Vegetable Salad Non Fat Dressing Linden's Chocolate Chip Cookie Fruit Cocktail</p>	<p>8</p> <p>Mama Teresa's Homemade Meat or Marinara Sauce Served Over Penne Pasta French Bread Salad Cup/Non Fat Dressing Raisins</p>	<p>9</p> <p>Charbroiled Burger Or Veggie Burger(with cheese) On A bun Lettuce,Tomato,Pickle Pineapple Tid Bits</p>	<p>Weekly Nutrients</p> <p>Calories 700 Cholesterol 63mg Protein 35g/ 20% Carbohydrate 99.5 g/ 56.8% Total Fat 19.6g/ 25.2% Sat. Fat 6.9g/ 8.8%</p>	<p>Two 4 oz. D'Animals Yogurt may be selected as a lunch alternate Second entrée available for \$1.50. Freshly made Chef Salad available daily upon request at Jackson, Cantiague, and Seaman.</p>
<p>12</p> <p>Grilled Cheese Sandwich Cole Slaw Baked Low-Fat Chips Homemade Mega Noodle Soup Orange Slices</p>	<p>13</p> <p>Crispy or Spicy Breaded Chicken On A Bun Baked Potato Salad Cup/Non-Fat Dressing Chilled Peaches</p>	<p>14</p> <p>Homemade Baked Ziti (No Meat) Italian Bread Tossed Salad Non-Fat Dressing Chilled Pears</p>	<p>15</p> <p>Chicken Fajita Potato Wedges Jello Mixed Fruit Cup</p>	<p>16</p> <p>Pizza Salad/Non-Fat Dressing Chocolate/Vanilla Dixie Cup Ice Cream Peaches</p>	<p>Weekly Nutrients</p> <p>Calories 758 Cholesterol 65mg Protein 33.9g/ 17.9% Carbohydrate 105g/ 55.7% Total Fat 23.8g/ 28.3% Sat. Fat 10.2g/ 12.2%</p>	<p>Middle School/High School- 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 and 4 oz. Apple Juice.</p>
<p>19</p> <p>All American Burger Or Veggie Burger On A Bun Fixings: Cheese,Lettuce,Tomato Pickle Chips, Ketchup Tater Tots Apple Slices</p>	<p>20</p> <p>Oven Roasted Chicken Baked Potato Tots Warm Biscuit Orange Slices</p>	<p>21</p> <p>Rotini Pasta W/ Marinara Sauce Meatballs Garlic Bread Veggie Cup Chilled Pears</p>	<p>22</p> <p>Teriyaki Chicken Wonder Bites Dippers Fluffy Rice Steamed Broccoli Fruit Cocktail</p>	<p>23</p> <p>Pizzeria Style Pizza W/Whole Wheat Crust Veggie Cup/Dipping Sauce Mandarin Oranges</p>	<p>Weekly Nutrients</p> <p>Calories 767 Cholesterol 101mg Protein 44.3g/ 23.1% Carbohydrate 93.1g/ 48.6% Total Fat 25.1g/ 29.4% Sat. Fat 9.9g/ 11.6%</p>	<p>***NOW AVAILABLE*** <u>Lunch Prices</u> Elementary \$2.00 MS/HS \$2.00 Milk \$.40</p>
<p>28</p> <p>SCHOOL CLOSED</p>	<p>29</p> <p>SCHOOL CLOSED</p>	<p>30</p> <p>SCHOOL CLOSED</p>	<p>SCHOOL CLOSED</p>	<p>SCHOOL CLOSED</p>		<p>Prepaid Lunches ½ Year(Sept. through Jan.): Kindergarten \$ 126.97 Elementary \$ 178.00 Middle/ High School \$ 178.00 <u>Full Year:</u> Kindergarten \$ 292.95 Elementary \$ 344.00 Middle \$ 338.00</p>