





NOVEMBER 2005

	1	2	3	4	Weekly Nutrients Calories 687 Cholesterol 60 mg Protein 33.4g/19.4% Carbohydrate 95.5g/55.6% Total Fat 20.3g/26.6% Sat. Fat 8g/10.5%	Daily Sandwich Choices in All Schools 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	
	7	8	9	10	11	Weekly Nutrients See next week analysis- includes November 7 through 18	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. 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.
	14	15	16	17	18	Weekly Nutrients Calories 739 Cholesterol 73mg Protein 34.9g/18.9% Carbohydrate 101.9g/55.2% Total Fat 22.8g/27.7% Sat. Fat 8.2g/10%	***NOW AVAILABLE*** Lunch Prices Elementary \$2.00 MS/HS \$2.00 Milk \$.40
	21	22	23	24	25	Weekly Nutrients See next week analysis- includes November 21 through 30	Prepaid Lunches ½ Year(Sept. through Jan.): Kindergarten \$ 126.97 Elementary \$ 178.00 Middle/High School \$ 178.00 Full Year: Kindergarten \$ 292.95 Elementary \$ 344.00 Middle \$ 338.00 High \$ 336.00
	28	29	30				
All American Burger Or Veggie Burger On A Bun Choice of Toppings Cheese,Lettuce, Tomato Pickles, Ketchup Tater Tots Apple Slices	SCHOOL CLOSED	Mozzarella Sticks & Chicken Strips Homemade Marinara Sauce For Dipping Warm Biscuit Veggie Cup Chilled Peaches	Crispy or Spicy Breaded Chicken On A Bun Hash Brown Green Beans Orange Slices	Homemade Baked Ziti French Bread Garden Salad Non-Fat Dressing Mandarin Oranges			
Pizza Tossed Salad Non-Fat Dressing Veggie Sticks Fresh Apple	SCHOOL CLOSED	Mama Teresa's Pasta Homemade Meat or Marinara Sauce French Bread Salad Cup/Non Fat Dressing Pineapple Tid Bits	Holiday Dinner Roasted Turkey-Gravy Mashed Potatoes Or Sweet Potatoes-Wheat Bread Stuffing/Cranberry Sauce Apple Pie	Pizzeria Style Pizza W/Whole Wheat Crust Tossed Salad Non-Fat Dressing Chilled Fruit Cocktail			
Teriyaki Chicken Wonder Bites Dippers Fluffy Rice Golden Corn Chocolate Pudding Chilled Pears	Charbroiled Burger Or Veggie Burger On A Bun Lettuce, Tomato, Pickle Potato Wedges Fresh Apple	Brunch For Lunch Pancakes W/Syrup Turkey Sausage Hash Brown Veggie Cup Orange Slices	SCHOOL CLOSED	SCHOOL CLOSED			
Grilled Chicken Breast On A Bun Lettuce & Tomato Cup Steamed Rice String Beans Orange Slices	Mama Teresa's Penne Pasta Homemade Meat or Marinara Sauce French Bread Lettuce & Tomato Cup Chilled Fruit	Taco Hard Or Soft Shell Shredded Cheese/Lettuce Salsa Fluffy Rice Sun Sweetened Raisins					
Popcorn Chicken Roasted Potatoes Sweet Peas Reduced Fat Blueberry Muffin Chilled Peach Cup	Hebrew National Hot Dog On A Bun Sauerkraut Baked Beans Smiley Fries Apple						