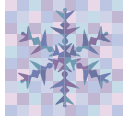


LUNCH MENU*



DECEMBER 2007

<p>3</p> <p>Chicken Fingers Honey Mustard Dip Pasta Salad Broccoli Chilled Peaches</p>	<p>4</p> <p>Brunch For Lunch Pancakes w/Syrup Canadian Turkey Bacon Oven Baked Tater Tots Mixed Fruit Cup</p>	<p>5</p> <p>Homemade Baked Ziti (Meatless) Italian Bread Tossed Salad Non Fat Dressing Applesauce</p>	<p>6</p> <p>Crispy Or Spicy Chicken On A Bun Lettuce, Tomato, Pickles Golden Corn Fruit</p>	<p>7</p> <p>Big Daddy Pizza Veggie Cup Yogurt Dip Jello Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 693 Cholesterol 69 mg Protein 30.8 g/17.8% Carbohydrate 98.8 g/57% Total Fat 21.3 g/27.7% Sat. Fat 7.4g/9.6%</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>10</p> <p>Bistro Burger 100 % Beef Patty On A Bun Assorted Toppings (Veggie Burger Available) Secret Sauce Smiley Fries Applesauce</p>	<p>11</p> <p>Soup & Sandwich Day Deli Turkey Breast Hero Or Whole Wheat Bread Homemade Vegetable Soup Chocolate Cake Fruit</p>	<p>12</p> <p>Pasta Ala Teresa Homemade Meat Or Marinara Sauce Seasoned Green Beans Jello Fruit</p>	<p>13</p> <p>Pizza Carrot & Celery Sticks Yogurt Dip Fruit</p>	<p>14</p> <p>Oven Baked Chicken Southern style Mashed Potatoes Brown Gravy Graham Crackers Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 723 Cholesterol 74mg Protein 34.3 g/19% Carbohydrate 97.8g/54.1% Total Fat 23.3g/29% Sat. Fat 7.9 g/9.8%</p>	<p>Two 4 oz. D'Animals Yogurt may be selected as a lunch alternate Second entrée available for \$1.50. <u>Freshly made Chef Salad</u> available daily upon request at Jackson, Cantiague, and Seaman.</p>
<p>17</p> <p>Popcorn Chicken Golden Corn Warm Biscuit Fruit</p>	<p>18</p> <p>Nacho Grande Taco Meat Tortilla Chips Shredded Cheese Salsa, Lettuce, Rice Fruit</p>	<p>19</p> <p>Rotini Pasta Homemade Marinara Sauce Mozzarella Sticks Lettuce & Tomato Cup Non Fat Dressing Fruit</p>	<p>20</p> <p>Breaded Chicken Patty On A Bun Lettuce & Tomato Cup Carrot Rings Fruit</p>	<p>21</p> <p>Uno Pizza Lettuce & Tomato Cup Non Fat Dressing Jello Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 694 Cholesterol 50 mg Protein 30.1 g/17.3% Carbohydrate 97.3 g/56.1% Total Fat 22.4g/29% Sat. Fat 6.9g/8.9%</p>	<p><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 - Fruit Punch. Also available At Elementary Schools 4 oz. Orange Juice and 4 oz. Apple Juice.</p>
<p>24</p> <p>School Closed</p>	<p>25</p> <p>School Closed</p>	<p>26</p> <p>School Closed</p>	<p>27</p> <p>School Closed</p>	<p>28</p> <p>School Closed</p>	<p>***NOW AVAILABLE***</p> <p><u>Lunch Prices</u></p> <p>Elementary \$2.00 MS/HS \$2.00 Milk \$.40</p>	<p><u>Prepaid Lunches</u></p> <p>½ Year(SEPT. through Jan.)</p> <p>Kindergarten \$ 128.52 Elementary \$ 174.00 Middle \$ 174.00 High \$ 174.00</p>
<p>31</p> <p>School Closed</p>						<p><u>Full Year:</u></p> <p>Kindergarten \$ 296.73 Elementary \$343.00 Middle \$ 339.00</p>