





LUNCH MENU*

APRIL 2008

	1	2	3	4	Weekly Nutrients	Daily Sandwich Choices in All Schools
	Penne Pasta w/Homemade Marinara Sauce Served with Mozzarella Cheese Green Bean Salad Raisins	Char Broiled Burger or Veggie Burger On A Bun Oven Baked Potato Pickle Cup Chocolate Pudding Fruit	Pizza Tossed Salad Non Fat Dressing Jello Fruit	Oven Baked Chicken Southern Style Roasted Potatoes Graham crackers Fruit	Calories 736 Cholesterol 64mg Protein 34.4g/18.7% Carbohydrate 106g/58.1% Total Fat 21g/25.7 % Sat. Fat 7.9g/9.65 %	Choice of bread, roll. 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	Two 4 oz. D'Animals Yogurt may be selected as a lunch alternate
Brunch For Lunch Pancakes w/syrup Baked Potato Wedges Egg Patty Fruit Cup	Grilled Cheese Sandwich Campbell's Soup Pickle Cup Jello Chilled Peaches	Pasta Ala Teresa Homemade Meat Or Marinara Sauce Italian Bread Salad Cup/Non- fat dressing Fresh Fruit	Popcorn Chicken Baked Potato Graham Cracker Fresh Fruit Raisins	Pizza Salad Cup Non Fat Dressing Jello Fresh Fruit	Calories 733 Cholesterol 109mg Protein 32.5g/17.7% Carbohydrate 106.8g/58.3% Total Fat 21.5g/26.4 % Sat. Fat 8.9g/10.9 %	Second entrée available for \$1.50. <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.
14	15	16	17	18	Weekly Nutrients	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.
Hebrew National Hotdog On A Bun Sauerkraut Baked Beans Tater Tots Fresh Fruit	Chicken Wonder Bites Dippers w/Teriyaki Sauce Brown Rice Golden Corn Fresh Fruit	Rotini Pasta w/Homemade Marinara Sauce Mozzarella Cheese Fresh Carrots Fresh Fruit	Nacho Grande Taco Meat, Tortilla Chips Shredded Cheese, Salsa Lettuce Fresh Fruit	Pizza Tossed Salad Non/Fat Dressing Jello Fresh Fruit	Calories 716 Cholesterol 63mg Protein 33.8g/18.8% Carbohydrate 103g/57.5% Total Fat 21g/26.4 % Sat. Fat 9.5g/11.9 %	***NOW AVAILABLE***
21	22	23	24	25		Lunch Prices
SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED	SCHOOL CLOSED		Elementary \$2.00 MS/HS \$2.00 Milk \$.40
28	29	30			Weekly Nutrients	Prepaid Lunches
Pizza Bagel Carrot Sticks Jello Fresh Fruit	Chicken Fingers Honey Mustard Dip Baked Potato Broccoli Fresh Fruit	Pasta Ala Teresa Homemade Meat Or Marinara Sauce Italian Bread Salad Cup/Non- fat dressing Fresh Fruit			Calories 703 Cholesterol 64mg Protein 34.1g/19.4% Carbohydrate 109g/62.3% Total Fat 16.6g/21.3 % Sat. Fat 6.5g/8.3 %	½ Year(Feb. through Jun.) Elementary \$ 168.20 Middle \$ 164.45 High \$ 151.30 Full Year: Kindergarten \$ 296.73 Elementary \$343.00 Middle \$ 339.00 High \$ 324.00