

MAY 2009



<p>Choc. & Van. Dixie Cup Lindens Choc. Chip Cookie Pepperidge Farm Goldfish/Pretzel Cape Cod Potato Chips served with hot lunch only</p>		<p>*** For MS/HS only May 12th Beef Gyro Tossed Salad Non-Fat Dressing Fruit</p>	<p>*** For MS/HS only May 14th Roasted Chicken Mashed Potato/Gravy Fresh Cut Carrots Fruit</p>	<p>Pizza Fresh Cut Carrots & Celery Sticks Fruit</p>	<p>1 <u>Weekly Nutrients</u> Calories 727 Cholesterol 71mg Protein 37.1g/20.4% Carbohydrate 107.5g/59.1% Total Fat 18.2g/22.5% Sat. Fat 5.8g/7.2%</p>	<p><u>Daily Sandwich Choices</u> <u>in All Schools</u> Choice of bread: roll, white& whole wheat. Bagel sandwich lunch is \$2.50. Sliced turkey, tuna salad, bologna, American cheese, peanut butter and jelly. 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. <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 ***NOW AVAILABLE***</p>
<p>4 Grilled Chicken On A Bun Oven Baked Smiley Fries Lettuce & Tomato Cup Chilled Peaches</p>	<p>5 Tacos Soft or Hard Taco Shells Shredded Cheese, Salsa, Rice Blueberries: Non Dairy Topping</p>	<p>6 Spaghetti & Meatballs Homemade Marinara Sauce Italian Bread Lettuce & Tomato Cup Fat Free Dressing Fresh Fruit</p>	<p>7 Crispy Chicken On A Bun Steamed Broccoli Baked Potato Fresh Orange Slices</p>	<p>8 Mozzarella Sticks Rotini Pasta Homemade Marinara Sauce Fresh Cut Carrots Fresh Fruit</p>	<p><u>Weekly Nutrients</u> Calories 727 Cholesterol 60mg Protein 32.3g/17.8% Carbohydrate 108.2g/59.5% Total Fat 19.8g/24.4% Sat. Fat 5.7g/7.1%</p>	
<p>11 Hebrew National Hotdog On a Bun Sauerkraut, Pickles Golden Corn Fresh Fruit</p>	<p>12 Elementary School Only Grilled Chicken Caesar Wrap Oven Baked Tater Tots Fresh Fruit ***Ms/Hs see Above</p>	<p>13 Penne Pasta Homemade Meat or Marinara Sauce French Bread Salad Cup/Fat Free Dressing Peach Cup</p>	<p>14 <u>Brunch For Lunch</u> Pancakes w/syrup Egg Patty Veggie Cup Fresh Oranges For Elementary only/for ***Ms/Hs see Above</p>	<p>15 Big Daddy Pizza Tossed Salad Fat-Free Dressing Jello Fresh Fruit</p>	<p><u>Weekly Nutrients</u> Calories 734 Cholesterol 103mg Protein 32.3g/17.6% Carbohydrate 106.4g/58.0% Total Fat 21.8g/26.7% Sat. Fat 8.3g/10.2%</p>	
<p>18 Whole Grain Chicken Nuggets Honey Mustard Dip Oven Baked Crinkle Cut Potato Fruit</p>	<p>19 Grilled Cheese Sandwich On Whole Wheat Bread Pickle Cup Chocolate & Vanilla Ice Cream Dixie Cup Fresh Fruit</p>	<p>20 Penne Pasta Homemade Meat or Marinara Sauce French Bread Salad Cup/Fat Free Dressing Fruit</p>	<p>21 Grilled Chicken On A Bun Homemade Macaroni & Cheese Lettuce & Tomato Cup Fruit</p>	<p>22 Big Daddy Pizza Tossed Salad Fat-Free Dressing Jello Fresh Fruit</p>	<p><u>Weekly Nutrients</u> Calories 778 Cholesterol 89mg Protein 36.3g/18.7% Carbohydrate 104.3g/53.6% Total Fat 26.2g/30.3% Sat. Fat 12.5g/14.4%</p>	<p><u>Lunch Prices</u> Elementary \$2.00 MS/HS \$2.00 Milk \$.40 <u>Prepaid Lunches</u> ½ Year (Sept.. through Jan) Elementary(1st -5th) \$166.35 Middle \$164.45 High \$151.20 Full Year: Elementary \$342.10 Middle \$338.30 High \$325.10</p>
<p>25 SCHOOL CLOSED</p>	<p>26 Grilled Hamburger Or Veggie Burger On a Bun Lettuce, Tomato, Pickles Golden Corn Fruit</p>	<p>27 Pizza Bagel Fresh Cut Carrots Fresh Fruit</p>	<p>28 Deli Turkey Sandwich Pickles Cape Cod Potato Chips Jello Cup Fruit</p>	<p>29 Popcorn Chicken Brown Rice Steamed Broccoli Applesauce</p>	<p><u>Weekly Nutrients</u> Calories 720 Cholesterol 60mg Protein 38.2g/21.3% Carbohydrate 107.3g/59.7% Total Fat 16.6g/20.8% Sat. Fat 6.2g/7.8%</p>	<p>SUGGESTIONS WELCOME! Tracy Gilet Cafeteria Manager 203-3600 ext. 3259</p>