



November 2009

<p>2</p> <p>Popcorn Chicken Golden Corn Brown Rice Fruit</p>	<p>3</p> <p>SCHOOL CLOSED SUPERINTENDENT'S CONFERENCE DAY</p>	<p>4</p> <p>Pasta Ala Teresa Homemade Meat Or Marinara Sauce Italian Bread Fresh Cut Carrots Strawberry Cup</p>	<p>5</p> <p>Tacos Soft or Hard Shells Shredded Cheese, Salsa Lettuce Steamed Rice Fruit</p>	<p>6</p> <p>Pizza Fresh Cut Carrots & Celery Sticks Jello Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 735 Cholesterol 53mg Protein 34.6g/18.8% Carbohydrate 110.7g/60.3% Total Fat 18.95 g/23.2% Sat. Fat 7.5g/9.2%</p>	<p><u>Daily Sandwich Choices</u> <u>in All Schools</u></p> <p>Choice of bread: Whole Grain, Kaiser roll, white. Sliced turkey, tuna salad, bologna, American cheese, peanut butter and jelly. Two 4 oz. Yogurt may be selected as a lunch alternate. Second entrée available for \$2.00 <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 – 100% Orange Juice, 100% Grape Juice. ***NOW AVAILABLE***</p> <p>Lunch Prices</p> <p>Elementary \$2.50 MS/HS \$2.50 Milk \$.40</p> <p>Prepaid Lunches <u>½ Year (SEPT-JAN.)</u></p> <p>Elementary(1st–5th) \$ 212.50 Middle \$ 212.50 High \$ 212.50</p> <p><u>Full Year:</u></p> <p>Elementary (1st–5th) \$422.50 Middle \$417.50 High \$ 400.00</p> <p>SUGGESTIONS WELCOME! Tracy Gilet Cafeteria Manager 203-3600 ext. 3259</p>
<p>9</p> <p>Whole Grain Chicken Patty On A Bun Mashed Potato Fruit</p>	<p>10</p> <p>Penne Pasta Homemade Marinara Sauce Shredded Mozzarella Salad Cup/Non-Fat Dressing Strawberry Cup</p>	<p>11</p> <p>SCHOOL CLOSED</p>	<p>12</p> <p>Whole Grain Chicken Nuggets Dipping Sauce Broccoli Pepperidge Farm Pretzel Goldfish Strawberry Cup</p>	<p>13</p> <p>Pizza Jello Veggie Cup Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 741 Cholesterol 53mg Protein 33.4g/18.0% Carbohydrate 112.8g/60.9% Total Fat 19.3g/23.4% Sat. Fat 7.1g/8.6%</p>	
<p>16</p> <p>Tangerine Chicken Brown Rice Strawberry Cup</p>	<p>17</p> <p><u>Brunch For Lunch</u> Pancakes w/syrup Turkey Canadian Bacon Veggie Cup Strawberry Cup</p>	<p>18</p> <p><u>Holiday Dinner</u> Roasted Turkey/Gravy Mashed Potato/Sweet Potato Stuffing Fruit</p>	<p>19</p> <p>Crispy Chicken On A Bun Macaroni & Cheese Lettuce, Tomato, Pickles Fruit</p>	<p>20</p> <p>Pizza Jello Veggie Cup Fruit</p>	<p>Weekly Nutrients</p> <p>Calories 700 Cholesterol 75mg Protein 31.3g/17.9% Carbohydrate 103g/58.8% Total Fat 19.7g/25.4% Sat. Fat 8.0g/10.3%</p>	
<p>23</p> <p>Pizza Bagel Jello Veggie Cup Fruit</p>	<p>24</p> <p>Char-Broiled Hamburger Or Veggie Burger On a Bun Sweet Potato Fries Pickles</p>	<p>25</p> <p>SCHOOL CLOSED</p>	<p>26</p> <p>SCHOOL CLOSED</p>	<p>27</p> <p>SCHOOL CLOSED</p>	<p>Weekly Nutrients</p> <p>Calories 657 Cholesterol 53mg Protein 31.7g/19.3% Carbohydrate 94.2g/57.3% Total Fat 18.8g/25.8% Sat. Fat 7.8g/10.7%</p>	
<p>30</p> <p>Grilled Chicken Breast On a Bun Lettuce & Tomato Cup Golden Corn Fruit</p>				<p>Choc. & Van. Dixie Cup Lindens Choc. Chip Cookie Pepperidge Farm Goldfish served with hot lunch only</p>	<p>November 30, 2009 included in above analysis.</p>	

