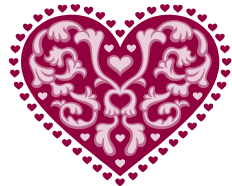


# February 2010

1	2	3	4	5	<b>Weekly Nutrients</b>	<p><b><u>Daily Sandwich Choices</u></b>  <b><u>in All Schools</u></b>          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.  <b>***NOW AVAILABLE***</b></p> <p><b><u>Lunch Prices</u></b>  <i>Elementary</i>      \$2.50  <i>MS/HS</i>            \$2.50  <i>Milk</i>                \$ .40</p> <p><b><u>Prepaid Lunches</u></b>  <u>½ Year (Feb-June)</u>            Elementary(1<sup>st</sup>-5<sup>th</sup>)    \$ 210.04            Middle                    \$ 205.32            High                        \$ 188.80  <u>Full Year:</u>            Elementary (1<sup>st</sup>-5<sup>th</sup>)    \$422.50            Middle                    \$417.50            High                        \$ 400.00</p> <p><b>SUGGESTIONS WELCOME!</b>  <b>Tracy Gilet</b> Cafeteria Manager          203-3600 ext. 3259</p>
Whole Grain Chicken Nuggets Sweet Potato Wedges Cape Code Potato Chips Fresh Orange	All Beef Sliders Or Veggie Burger On a Bun Lettuce, Tomato, Pickles Corn Fresh Fruit	Homemade Baked Ziti (Meatless ) French Bread Salad Cup Non Fat Dressing Fresh Orange	Crispy Chicken On A Bun Lettuce, Tomato, Pickles Green Beans Fruit	Pizza Jello Veggie Cup Fresh Fruit	<b>Calories 673</b> <i>Cholesterol 55mg</i> <i>Protein 32.4g/19.3%</i> <i>Carbohydrate 96g/57%</i> <i>Total Fat 19.3g/25.7%</i> <i>Sat. Fat 7.2g/9.6%</i>	
8	9	10	11	12	<b>Weekly Nutrients</b>	
Chicken Poppers Brown Rice Green Beans Fresh Fruit	<b><u>Brunch For Lunch</u></b> Pancakes w/syrup Turkey Sausage Tater Tots Fresh Apple	Penne Pasta/Homemade Meat or Marinara Sauce French Bread Fresh Cut Carrot Sticks Fresh Orange	Tacos Soft or Hard Shells Shredded Cheese, Lettuce, Salsa Fluffy Rice Fresh Fruit	Pizza Jello Veggie Cup Fresh Orange	<b>Calories 727</b> <i>Cholesterol 74mg</i> <i>Protein 33.6g/18.5%</i> <i>Carbohydrate 102.8g/56.6%</i> <i>Total Fat 21.7g/26.8%</i> <i>Sat. Fat 8.2g/10.2%</i>	
15	16	17	18	19		
<b>School Closed</b>	<b>School Closed</b>	<b>School Closed</b>	<b>School Closed</b>	<b>School Closed</b>		
22	23	24	25	26	<b>Weekly Nutrients</b>	
Popcorn Chicken Golden Corn Brown Rice Fruit	Turkey Frank Homemade Chicken Soup W/ Noodles Pickle Cup Fruit	Spaghetti & Meatballs Homemade Marinara Sauce Italian Bread Lettuce & Tomato Cup Fat Free Dressing Fresh Orange	Chicken Parmigiana On a Bun w/Homemade Marinara Sauce Lettuce & Tomato Cup Non-Fat Dressing Fresh Fruit	Pizza Jello Veggie Cup Fresh Apple	<b>Calories 711</b> <i>Cholesterol 66mg</i> <i>Protein 35.1g/19.7%</i> <i>Carbohydrate 97.2g/54.7%</i> <i>Total Fat 22g/27.8%</i> <i>Sat. Fat 8.4g/10.7%</i>	
				Choc. & Van. Dixie Cup Lindens Choc. Chip Cookie Cookies Cape Cod Potato Chips served with hot lunch only		