

March 2010

<p>1 Chicken Gyro Greek Salad Fresh Apple INTERNATIONAL</p>	<p>2 French Onion Soup Turkey on French Bread Crème Brulee Fresh Pear WORLD</p>	<p>3 Spaghetti & Meatballs Homemade Marinara Sauce Whole Grain Bread Sticks Lettuce & Tomato Cup Fat Free Dressing Fresh Orange LANGUAGE</p>	<p>4 Taco w/ Mexican Style Rice Salsa Shredded Cheese Fresh Pear WEEK</p>	<p>5 Chicken Cold Sesame Noodles Egg Roll Fortune Cookie Fresh Orange</p>	<p><u>Weekly Nutrients</u> <i>Calories 722</i> <i>Cholesterol 91mg</i> <i>Protein 41.9g/23.2%</i> <i>Carbohydrate 95g/52.6%</i> <i>Total Fat 20.6g/25.6%</i> <i>Sat. Fat 8.3g/10.4%</i></p>	<p><u>Daily Sandwich Choices</u> <u>in All Schools</u> 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. Poland Spring Water is available for \$1.00 ala carte. <u>***NOW AVAILABLE***</u> <u>Lunch Prices</u> <i>Elementary \$2.50</i> <i>MS/HS \$2.50</i> <i>Milk \$.40</i> <u>Prepaid Lunches</u> <u>½ Year (Feb-June)</u> Elementary(1st-5th) \$ 210.04 Middle \$ 205.32 High \$ 188.80 <u>Full Year:</u> Elementary (1st-5th) \$422.50 Middle \$417.50 High \$ 400.00 <u>SUGGESTIONS WELCOME!</u> Tracy Gilet Cafeteria Manager 203-3600 ext. 3259</p>
<p>8 Meatball Hero Mixed Salad Greens w/Grape Tomatoes Fat Free Dressing Fresh Apple</p>	<p>9 100% All White Meat Unbreaded Chicken Breast on a bun w/BBQ Sauce on the side Lettuce & Tomato Cup Fresh Orange</p>	<p>10 Penne Pasta/Homemade Meat or Marinara Sauce French Bread Fresh Cut Carrot Sticks Fresh Orange</p>	<p>11 <u>Brunch For Lunch</u> Pancakes w/syrup Egg Patty Smiley Fries Fresh Apple</p>	<p>12 Pizza Jello Veggie Cup Fresh Orange</p>	<p><u>Weekly Nutrients</u> <i>Calories 729</i> <i>Cholesterol 109mg</i> <i>Protein 31g/17%</i> <i>Carbohydrate 109g/60%</i> <i>Total Fat 20.5g/25.3%</i> <i>Sat. Fat 8.2g/10.2%</i></p>	
<p>15 All Natural /All White Meat Nuggets Honey Mustard Dip Brown Rice Steamed Broccoli Fruit</p>	<p>16 Grilled Cheese Sandwich Kosher Pickles Sweet Potato Fries Fresh Fruit</p>	<p>17 Pasta Ala Teresa Homemade Meat Or Marinara Sauce French Bread Fresh Cut Vegetable Fruit</p>	<p>18 Crispy Chicken On A Bun Lettuce, Tomato, Pickles Green Beans Fruit</p>	<p>19 Pizza Jello Veggie Cup Fresh Fruit</p>	<p><u>Weekly Nutrients</u> <i>Calories 673</i> <i>Cholesterol 62mg</i> <i>Protein 31.2g/18.6%</i> <i>Carbohydrate 95g/56.6%</i> <i>Total Fat 20.5g/27.5%</i> <i>Sat. Fat 8.6g/11.5%</i></p>	
<p>22 Baked Chicken in Sweet & Sour Sauce Vegetable Fried Rice Fresh Apple</p>	<p>23 All Beef Sliders Or Veggie Burger On a Whole Grain Bun Lettuce, Tomato, Pickles Corn Fresh Pear</p>	<p>24 Homemade Baked Ziti (Meatless) French Bread Salad Cup Non Fat Dressing Fresh Orange</p>	<p>25 Chicken Fajita Fluffy Rice Lettuce & Tomato Cup Fresh Orange</p>	<p>26 Pizza Bagel Jello Veggie Cup Fresh Apple</p>	<p><u>Weekly Nutrients</u> <i>Calories 668</i> <i>Cholesterol 76mg</i> <i>Protein 35.3g/21.1%</i> <i>Carbohydrate 99.5g/59.5%</i> <i>Total Fat 15.7g/21.2%</i> <i>Sat. Fat 6.0g/8.1%</i></p>	
<p>29 School Closed</p>	<p>30 School Closed</p>	<p>31 School Closed</p>		<p>Choc. & Van. Dixie Cup Lindens Choc. Chip Cookie Cookies Cape Cod Potato Chips served with hot lunch only</p>		