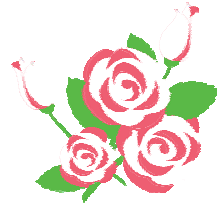


**MAY 2010**

<p>3 Whole Grain Chicken Nuggets Salad Cup w/ Croutons Fat- Free Dressing Rice Fresh Fruit</p>	<p>4 Cheese Ravioli Homemade Marinara Sauce Italian Bread Fresh Cut Carrot Sticks Fresh Fruit</p>	<p>5 Tacos Soft or Hard Shells Shredded Cheese, Lettuce Salsa Steamed Rice Applesauce</p>	<p>6 Chicken Parmigiana On Bun Fresh Cut Carrot Sticks Fresh Fruit</p>	<p>7 Pizza Tossed Salad Fat-Free Dressing Strawberry Cup</p>	<p><b><u>Weekly Nutrients</u></b> Calories 703 Cholesterol 64mg Protein 33.2g/18.9% Carbohydrate 96.5g/55% Total Fat 22.2g/28.4% Sat. Fat 9g/11.5%</p>	<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. Poland Spring Water available Ala carte for \$1.00 <b><u>***NOW AVAILABLE***</u></b> <b><u>Lunch Prices</u></b> Elementary \$2.50 MS/HS \$2.50 Milk \$.40 <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</p>
<p>10 <b><u>Brunch For Lunch</u></b> Pancakes w/syrup Egg Patty Tater Tots Fresh Fruit</p>	<p>11 Popcorn Chicken Glazed Carrots Brown Rice Fresh fruit</p>	<p>12 Homemade Baked Ziti (Meatless ) Italian Bread Salad Cup Non Fat Dressing Chilled Peaches</p>	<p>13 Hamburger Or Veggie Burger On a Bun Pickle Cup Sweet Potato Fries Fresh Fruit</p>	<p>14 Pizza Fresh Cut Cucumber Slices Fat-Free Ranch Dressing Fresh Fruit</p>	<p><b><u>Weekly Nutrients</u></b> Calories 709 Cholesterol 98mg Protein 32.7g/18.4% Carbohydrate 99.4g/56.1% Total Fat 21.6g/27.5% Sat. Fat 8.7g/11%</p>	
<p>17 Grilled Cheese Sandwich Cold Vegetable Pasta Salad Fresh Fruit</p>	<p>18 Chicken Fajita Soft Shell Tortilla Shredded Cheese Fat-Free Sour Cream Salsa Brown Rice Fresh Fruit</p>	<p>19 Pasta Ala Teresa Homemade Meat Or Marinara Sauce, French Bread Tossed Salad Fat Free Dressing Fresh Fruit</p>	<p>20 Pizza Bagel Assorted Veggie Cup Peaches Jello</p>	<p>21 Chicken Fingers W/Mozzarella Sticks Homemade Marinara Dipping Sauce Jello Fresh Fruit</p>	<p><b><u>Weekly Nutrients</u></b> Calories 708 Cholesterol 72mg Protein 33.7g/19.1% Carbohydrate 95.9g/54.2% Total Fat 22.9g/29.1% Sat. Fat 7.9g/9.9%</p>	
<p>24 Crispy Chicken On A Bun Lettuce &amp; Tomato Golden Corn Fresh Fruit</p>	<p>25 Meatball Hero Cauliflower Mashed Potatoes Fresh Fruit</p>	<p>26 Grilled Chicken Caesar Wrap Baked Sweet Potato Fries Strawberry Cup</p>	<p>27 Homemade Baked Ziti (Meatless ) French Bread Garden Salad Fat –Free Dressing Fresh Fruit</p>	<p>28 Pizza Green Bean Salad Fresh fruit</p>	<p><b><u>Weekly Nutrients</u></b> Calories 736 Cholesterol 51mg Protein 35.1 g/19.1% Carbohydrate 105.9g/57.6% Total Fat 21.7g/26.5% Sat. Fat 8g/9.8%</p>	
<p>31</p>						

**SCHOOL CLOSED**



**Choc. & Van. Dixie Cup  
Lindens Choc. Chip Cookie  
Cookies  
Cape Cod Potato Chips served  
with hot  
lunch only**

High \$ 400.00  
**SUGGESTIONS WELCOME!**  
Tracy Gilet Cafeteria Manager  
203-3600 ext. 3259