



JUNE 2010

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|---|--|---|---|--|--|---|
| Choc. & Van. Dixie Cup Pepperidge Farm Goldfish, Cape Cod Potato Chips served with hot lunch only | 1 | 2 | 3 | 4 | <u>Weekly Nutrients</u> <i>Calories 678</i> <i>Cholesterol 55mg</i> <i>Protein 33g/19.5%</i> <i>Carbohydrate 99.2g/58.5%</i> <i>Total Fat 18.2g/24.2%</i> <i>Sat. Fat 5.8g/7.6%</i> | <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>High School-</u> ½ cup of French Fries are available daily upon request for High 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 ***NOW AVAILABLE*** |
| | Brunch For Lunch Pancakes w/syrup Egg Patty Baked Smiley Potatoes Fresh Fruit | 8 | 9 | 10 | 11 | |
| 14 | 15 | 16 | 17 | 18 | <u>Weekly Nutrients</u> <i>Calories 708</i> <i>Cholesterol 78mg</i> <i>Protein 31.7g/17.9%</i> <i>Carbohydrate 98.4g/55.6%</i> <i>Total Fat 23.5g/29.8%</i> <i>Sat. Fat 7.8g/9.9%</i> | <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(1 st -5 th) \$ 210.04 Middle \$ 205.32 High \$ 188.80 <u>Full Year:</u> Elementary (1 st -5 th) \$422.50 Middle \$417.50 High \$ 400.00 SUGGESTIONS WELCOME! Tracy Gilet Cafeteria Manager 203-3600 ext. 3259 |
| Home-Style Chicken Nuggets Whole Grain Bread Golden Corn Fresh Fruit | Grilled Chicken Caesar Wrap Baked Sweet Potato Fries Strawberry Cup | Penne Pasta/Homemade Meat or Marinara Sauce French Bread Fresh Cut Carrot Sticks Fresh Fruit | Grilled Cheese Sandwich Cold Vegetable Pasta Salad Fresh Fruit | Chicken Fingers W/Rotini Pasta Homemade Marinara Sauce Golden Corn Fresh Fruit | | |
| 21 | 22 | 23 | 24 | 25 | <u>Weekly Nutrients</u> <i>Calories 740</i> <i>Cholesterol 39mg</i> <i>Protein 34.2g/18.5%</i> <i>Carbohydrate 112.5g/60.1%</i> <i>Total Fat 19g/23.1%</i> <i>Sat. Fat 6.1g/7.5%</i> | |
| Pizza Bagel Assorted Veggie Cup Jello Peaches | Popcorn Chicken Golden Corn Cape Code Potato Chips Fresh Watermelon |  |  | LAST DAY OF SCHOOL | | |
| 31 | | | | | | |
| THE CAFETERIA | STAFF WISHES ALL | OUR STUDENTS | A SAFE AND HAPPY | SUMMER | | |