


# SEPTEMBER 2010

		<p>1          Superintendent's Conference          Day          School Closed</p>	<p>2          Whole-Grain Chicken Nuggets          Whole Grain Bread          Golden Corn          Fresh Fruit</p>	<p>3          Pizza          Jello          Veggie Cup          Fruit</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>High School-</u> ½ cup of French Fries are available daily upon request for High School          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 \$1.00  <b>***NOW AVAILABLE***</b>  <u>Lunch Prices</u>  <i>Elementary</i> \$2.50  <i>MS/HS</i> \$2.50  <i>Milk</i> \$.40  <b>Prepaid Lunches</b>  <u>½ Year (Sept.-Jan.)</u>          Elementary(1<sup>st</sup> –5<sup>th</sup>) \$ 214.75          Middle \$ 214.75          High \$ 214.75  <u>Full Year:</u>          Elementary (1<sup>st</sup>-5<sup>th</sup>) \$ 422.50          Middle \$ 417.75          High \$ 403.55  <b>SUGGESTIONS WELCOME!</b>  <b>Tracy Gilet</b> Cafeteria Manager          203-3600 ext. 3259</p>
<p>6  <b>SCHOOL CLOSED</b></p>	<p>7  <b>Brunch For Lunch</b>          Pancakes w/syrup          Egg Patty On A Bun          Veggie Cup          Fresh Fruit</p>	<p>8          Grilled Cheese Sandwich          Kosher Pickles          Golden Corn          Fresh Fruit</p>	<p>9  <b>SCHOOL CLOSED</b></p>	<p>10  <b>SCHOOL CLOSED</b></p>	
<p>13          Breaded Chicken On A Bun          Lettuce, Tomato          Golden Corn          Fresh Fruit</p>	<p>14          Pizza Bagel          Assorted Veggie Cup          Jello          Fresh Fruit</p>	<p>15          Whole Grain Pasta &amp; Meatballs          Homemade Marinara Sauce          Italian Bread          Lettuce &amp; Tomato Cup          Fat Free Dressing          Fresh Fruit</p>	<p>16          Chicken Fajita          Soft Shell Tortilla          Fluffy Rice          Lettuce &amp; Tomato Cup          Fruit</p>	<p>17          Mozzarella Sticks          Homemade Marinara Sauce          Pasta Salad          Salad cup/non fat dressing          Jello Cup          Fresh Fruit</p>	
<p>20          Popcorn Chicken          Fluffy Rice          Fresh Vegetables          Orange Slices</p>	<p>21          Deli Style Turkey Sandwich          On A Kaiser Roll          Lettuce, Tomato, Pickles          Baked Sweet Potato Fries          Fresh Fruit</p>	<p>22          Homemade Baked Ziti          (Meatless )          (Whole Grain Pasta)          Italian Bread          Tossed Salad          Fat Free Dressing          Fresh Fruit</p>	<p>23          Tacos          Soft or Hard Shells          Shredded Cheese, Salsa          Lettuce          Steamed Rice          Fruit</p>	<p>24          Pizza          Jello          Veggie Cup          Fruit</p>	
<p>27          Grilled Chicken Breast          On a Bun          Greek Salad w/Feta cheese          Fresh Fruit</p>	<p>28          Char-Broiled Hamburger          Or Veggie Burger          On a Bun          Lettuce, Tomato, Pickles          Sweet Potato Fries          Fresh Fruit</p>	<p>29          Whole Grain          Pasta/Homemade          Meat or Marinara Sauce          French Bread          Fresh Cut Carrot Sticks          Fresh Fruit</p>	<p>30          Chicken Fingers          Whole Grain Bread          Golden Corn          Fresh Fruit</p>	