



FEBRUARY 2012

		<p>1 Penne Pasta Homemade Meat Or Marinara Sauce Lettuce & Tomato Cup Cracked Wheat Italian Bread Fresh Fruit</p>	<p>2 Meatball Hero Mixed Salad Greens Fat Free Dressing Fresh Apple</p>	<p>3 Tacos Soft or Hard Shells Shredded Cheese, Salsa Lettuce Brown Rice Fresh Fruit</p>	<p><u>Average Weekly Nutrients</u> Calories 741 Cholesterol 126 mg Total Fat 21.36 g/25.96% Protein 39.2 g/21.2% Carbohydrates 103.3g/55.8% Sat. Fat 7.6g/9.24%</p>	<p><u>Daily Sandwich Choices</u> <u>in All Schools</u> Choice of bread: Whole Grain, Kaiser Roll ,whole grain bread Sliced turkey, tuna salad, American cheese, peanut butter and jelly. Two 4 oz. Yogurt may be selected as a lunch alternate. Second entrée available for \$2.00 Freshly made Chef Salad available daily upon request at Jackson, Cantiague, and Seaman. High School- ½ cup of French Fries are available daily upon request for High School With Lunch a student may select Low-Fat Chocolate, 1% White, Skim Milk. Also available with Lunch – 100%Fruit Juice. Poland Spring Water available Ala carte for \$1.00 ***NOW AVAILABLE*** <u>Lunch Prices</u> Elementary \$2.50 MS/HS \$2.50 Milk \$.40 <u>Prepaid Lunches</u> <u>½ Year (Sept.-Jan.)</u> Elementary(1st-5th) \$ 202.50 Middle \$200.00 High \$185.00 <u>Full Year:</u> Elementary (1st-5th) \$ 420.00 Middle \$ 417.50 High \$ 402.50 SUGGESTIONS WELCOME! Tracy Gilet Director of Food Service 203-3600 ext. 3258</p>
<p>6 Barbeque Beef Rib Sandwich Brown Rice w/Edamame Fresh Fruit</p>	<p>7 Sheppard Pie (Vegetable, Beef, Potato) Warm Biscuit Fresh Fruit</p>	<p>8 <u>Soup & Sandwich</u> Deli Turkey Breast on a Whole Grain Roll Campbell's Chicken Noodle Soup Baked Tater Tots Fresh Fruit</p>	<p>9 Whole Grain Penne Pasta Homemade Meat Or Marinara Sauce Rachel Ray's Tomato Salad Fresh Fruit</p>	<p>10 Texas Style Turkey Chili Golden Corn Jello Cup Fresh Fruit</p>	<p><u>Average Weekly Nutrients</u> Calories 731 Cholesterol 93 mg Total Fat 21.5 g/26.4% Protein 37.3 g/20.4% Carbohydrates 101.5 g/55.5% Sat. Fat 8.1g/10.0%</p>	
<p>13 Veggie Burger On A Bun Lettuce, Tomato, Pickle Cheese Cup Hearty Tuscan Kale Soup Fresh Fruit</p>	<p>14  Deli Turkey Breast on a Whole Grain Roll Campbell's Chicken Noodle Soup Macaroni & Cheese Fresh Fruit</p>	<p>15 Nacho Grande Taco Meat, Tortilla Chips Shredded Cheese, Lettuce, Salsa , Red Kidney Beans Fresh Fruit</p>	<p>16 Grilled Cheese Sandwich Whole Grain Bread Homemade Vegetable Soup w/Quinoa Jello Fresh Fruit</p>	<p>17 Middle School& High School Oven Roasted Chicken Mashed Potatoes Fruit NO SCHOOL FOR ELEM</p>	<p><u>Average Weekly Nutrients</u> Calories 721 Cholesterol 68 mg Total Fat 21.8 g/27.2% Protein 42.6 g/23.6% Carbohydrates 92.3 g/51.2% Sat. Fat 9.2g/11.5%</p>	
<p>20 School Closed</p>	<p>21 School Closed</p>	<p>22 School Closed</p>	<p>23 School Closed</p>	<p>24 School Closed</p>		
<p>27 <u>Brunch For Lunch</u> Pancakes w/syrup Egg Patty W/Chicken Sausage On A Whole Grain Bun Fresh Veggie Cup</p>	<p>28 Mini Pizza Bagels Spinach W/ Roasted Garlic Fresh Fruit</p>	<p>29 Sloppy Joe on A Whole Grain Roll Pineapple & Broccoli Slaw Fresh Fruit</p>			<p><u>Average Weekly Nutrients</u> Calories 813 Cholesterol 152 mg Total Fat 26.5 g/29.3% Protein 39.1 g/19.2% Carbohydrates 110 g/54.2% Sat. Fat 10.4 g/11.5%</p>	