






FEBRUARY 2005

	1	2	3	4	Weekly Nutrients	Daily Sandwich Choices in All Schools
	Chicken Lo Mein Egg Roll Fruit Cup	Crispy Or Spicy Chicken On A Bun Veggie Sick Apple	Rotini Pasta w/Meatballs Homemade Marinara Sauce French Bread Salad/Non Fat Dressing Chilled Pears	Pizza Cucumber Salad Jello Fruit	Weekly Nutrients Calories 675 Cholesterol 64 mg Protein 33g/19.5% Carbohydrate 93g/55.2% Total Fat 20.3g/27.1% Sat. Fat 7.7g/10.2%	Choice of bread, roll, or bagel. Sliced turkey, tuna salad, bologna, American cheese, peanut butter and jelly. A Sandwich is a substitute for the main item of the Lunch Menu
7	<u>Brunch For Lunch</u> Belgian Waffle Stix W/Syrup Low Fat Cheese Strips Veggie Cup-Yogurt Dip Peach Cup/Orange Juice	Homemade Baked Ziti (Cheese, No Meat) French Bread Tossed Salad Mixed Fruit Cup	<u>Soup & Sandwich Day</u> Deli Style Hero Chicken Noodle Soup Lettuce ,Tomato,Pickle Low Fat Baked Chips Pineapple Tid Bits	Mozzarella Sticks Marinara Sauce For Dipping Tri-Color Pasta Salad W/Vegetables Fruit	Weekly Nutrients Calories 807 Cholesterol 60 Protein 34.3g/17% Carbohydrate 111g/55.2% Total Fat 26.6g/29.8% Sat. Fat6g/6.8%	Two 4 oz. D'Animals Yogurt may be selected as a lunch alternate <u>Freshly made Chef Salad</u> available daily upon request at Jackson, Cantiague, and Seaman. <u>Middle School/High School-</u> French
14	Char-Broiled Burger or Veggie Burger On A Bun Oven Baked Fries Lettuce,Tomato,Pickle Pineapple Tid Bits	Taco Hard Or Soft Shell Shredded Cheese & Lettuce Mixed Fruit Cup	Chicken Nuggets Mashed Potatoes Green Beans Orange Slices	Pizza Veggie Sticks Chilled Applesauce	Weekly Nutrients Calories 654 Cholesterol 64 Protein 30.4g/18.6% Carbohydrate 90.7g/55.4% Total Fat 20.1g/27.7% Sat. Fat 8g/10.9%	Fries are available with lunch upon Request. With Lunch a student may select Low-Fat Chocolate, Whole White, 1% White, Skim Milk. Also available with Lunch - Fruit Punch. Also available At Elementary Schools 4 oz. Orange Juice and 4 oz. Apple Juice. <u>Low Fat Cheese available upon request</u>
21	School Closed	School Closed	School Closed	School Closed		*** NOW AVAILABLE *** <u>Lunch Prices</u> Elementary \$2.00 All Milk .40 MS/HS \$2.00
28	Hebrew National Hot Dog On A Bun Sauerkraut/Baked Beans Apple 					<u>Prepaid Lunches</u> <u>½ Year(Feb. through Jun):</u> Elementary \$166.00 Middle \$160.00 High \$152.00 SUGGESTIONS WELCOME! Tracy Gilet 203-3600ext.3258