

LUNCH MENU*



MARCH 2004 

1	2	3	4	5	Weekly Nutrients	Daily Sandwich Choices in All Schools
Chicken Strips Sweet Potatoes Whole Wheat Bread Tossed Salad/Dressing Fresh Fruit	Charbroiled Burger Or Veggie Burger On A Bun Smiley Face Fries Lettuce,Tomato,Pickle Pears	Grilled Cheese Sandwich Campbell's Mega Noodle Soup Baby Carrots Pineapple Tidbits	Taco/Hard or Soft Shell Shredded Lettuce/Cheese Taco Sauce Steamed Rice Peach Cup	Pizza Garden Salad/Dressing Jello Chilled Fruit	Calories 793 Cholesterol 76 mg Total Fat 24.7g/28% Protein 35.7g/18% Carbohydrate110g/55% Sat. Fat 10.4g/11.8%	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
Chicken & Cheese Quesadillas Oven Baked Star Fries Golden Corn Chilled Blueberries	<u>Soup & Sandwich Day</u> Turkey On A Club Roll Shredded Lettuce,Tomato,Pickle Homemade Vegetable Soup Orange Slices	Pasta Ala Jericho Homemade Meat or Marinara Sauce French Bread Salad Cup/Dressing Chilled Applesauce	Breaded Chicken Whole Wheat Bread Golden Corn Garden Salad Orange Slices	Mozzarella Sticks Homemade Marinara Sauce Homemade Garlic Bread Tossed Salad/Dressing Pineapple Fruit Cup	Weekly Nutrients Calories 830 Cholesterol 75 mg Total Fat 31g/33.5% Protein 38g/ 18.3% Carbohydrate104g/50% Sat. Fat 6.7g/7.3%	Two 4 oz. D'Animals Yogurt may be selected as a lunch alternate Second entrée available for lunch for \$1.00. <u>Freshly made Chef Salad</u> available daily upon request at Jackson, Cantiguague, and Seaman.
Grilled Cheese Sandwich Campbell's Mega Noodle Soup Lettuce,Tomato,Pickle Chilled Applesauce	Crispy or Spicy Chicken On A Bun Seasoned Green Beans Rice Sun Sweetened Raisins	Charbroiled Burger Or Veggie Burger On A Bun Baked Sweet Potatoes Lettuce,Tomato,Pickle Jello Fresh Fruit	Meatball Hero Tossed Salad/Dressing Lindens Chocolate Chips Cookie Orange Slices	Pizza Homemade Cucumber Salad Chilled Peaches	Weekly Nutrients Calories 771 Cholesterol 73 mg Total Fat 25.4g/29.6% Protein 34.8g/18.% Carbohydrate 104g/54% Sat. Fat 10.8g/12.6%	Middle School/High School- French 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.
Popcorn Chicken Whole Wheat Bread Seasoned Green Beans Mixed Fruit Cup	Rotini Pasta Meatballs Homemade Marinara Sauce French Bread Fresh Fruit	Honey BBQ Beef Ribs Baked Potato Steamed Rice Fresh Fruit	Sloppy Joe On A Bun Oven Fries Chilled Fruit	Pizza Veggie Cup Jello Chilled Peaches	See below-March 22-31	***NOW AVAILABLE*** SpongeBob flavored milk---.35 <u>Lunch Prices</u> Elementary \$1.50 All Milk .35 MS/HS \$1.65 Prepaid Lunches <u>½ Year(Feb through June):</u> K-5 \$126.38 6,7,8 \$126.34 9-12 \$124.80 <u>Full Year:</u> Kindergarten
Hebrew National Hot Dog On a Bun Sauerkraut Baked Beans Oven Fries Chilled Fruit	Chicken Strips Baked Potato Golden Corn Fresh Fruit	Pasta Ala Jericho Homemade Meat or Marinara Sauce Homemade Garlic Bread Lettuce & Tomato Cup Dried Fruit Cup			Weekly Nutrients Calories 837 Cholesterol 71mg Total Fat 27.6g/29.7% Protein 36.8g/17.6% Carbohydrate114g/54.4% Sat. Fat 10.2g/10.9%	