

LUNCH MENU*

MARCH 2005

	1	2	3	4	<p><u>Weekly Nutrients</u></p> <p>Calories 659 Cholesterol 65 Protein 32g/ 19.5% Carbohydrate 85.4g/ 51.9% Total Fat 22.4g/ 30.5% Sat. Fat 7.9g/ 10.8%</p>	<p><u>Daily Sandwich Choices in All Schools</u></p> <p>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</p>
	Oven Baked Breaded Chicken Mashed Potatoes Seasoned Green Beans Whole Wheat Crackers Apple	<u>Soup & Sandwich Day</u> Turkey On A Kaiser Roll Lettuce & Tomato Chicken Noodle Soup Petite Bananas	Char-Broiled Burger or Veggie Burger On A Bun Oven Fries Lettuce, Tomato, Pickle Peach Cup	Pizza Salad Cup/Non Fat Dressing Fresh Fruit		Two 4 oz. D'Animals Yogurt may be selected as a lunch alternate
7	8	9	10	11	<p><u>Weekly Nutrients</u></p> <p>Calories 695 Cholesterol 62 Protein 31.6g/ 18.2% Carbohydrate 96g/ 55.3% Total Fat 22.2g/ 28.7% Sat. Fat 8.8g/ 11.3%</p>	<p><u>Freshly made Chef Salad</u> available daily upon request at Jackson, Cantiague, and Seaman. Middle School/High School-</p>
	Popcorn Chicken Tossed salad/Non Fat Dressing Bread Sticks Chilled Fruit	Roasted Turkey/Gravy Mashed Potatoes Whole Wheat Pita Orange Slices	Chicken Patty Topped W/Marinara Sauce Mozzarella Cheese Soft Roll Salad Cup Sun Sweeten Raisins	Sloppy Joe Choice Of Bun Or Rice Golden Corn Fruit Homemade Vanilla Cake	Pizza Veggie Cup Pears	
14	15	16	17	18	<p><u>Weekly Nutrients</u></p> <p>Calories 717 Cholesterol 58 Protein 32g/ 17.8% Carbohydrate 98g/ 54.9% Total Fat 23.7g/ 29.7% Sat. Fat 8.9g/ 11.2%</p>	French
	Grilled Cheese Sandwich Cole Slaw Carrot Sticks Chilled Fruit	Bistro Burger Beef Patty w/Melted American Cheese On A Soft Roll Oven Baked Curly Fries Lettuce, Tomato, Pickles Orange Slices	Pasta Ala Jericho Homemade Meat Or Marinara Sauce French Bread Salad Cup/Non Fat Dressing Fruit	Popcorn Chicken Fluffy Rice W/Peas & Carrots Sun Sweeten Raisins	Pizza Carrots & Celery Sticks Jello Apple	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.
21	22	23	24	25	<p>See Analysis below for March 21-31, 2005- six days</p>	<p>Low Fat Cheese available upon request ***NOW AVAILABLE***</p>
	Pizza Bagel Garden Salad/Non Fat Dressing Pineapple Tid Bits	Chicken Nuggets Fluffy Rice Golden Corn Carrot Sticks Peaches	Rotini Pasta Homemade Marinara Sauce Meatballs Veggie Cup Fruit	SCHOOL	CLOSED	<p><u>Lunch Prices</u></p> <p>Elementary \$2.00 All Milk .40 MS/HS \$2.00</p>
28	29	30	31		<p><u>Weekly Nutrients</u></p> <p>Calories 697 Cholesterol 93 Protein 35.3g/ 20.3% Carbohydrate 93.4g/ 53.6% Total Fat 21.4g/ 27.6% Sat. Fat 7.6g/ 9.8%</p>	<p><u>Prepaid Lunches</u> <u>½ Year (Feb. through Jun):</u></p> <p>Elementary \$166.00 Middle \$160.00 High \$152.00</p>
School Closed	Crispy Or Spicy Chicken On A Bun Lettuce, Tomato, Pickles Season Green Beans Chilled Pears	Hebrew National Hot Dog On A Bun Mustard/Sauerkraut Smiley Face Fries Mixed Fruit Cup	Chicken Fried Rice Soup Pineapple Cup			