


LUNCH MENU*

OCTOBER 2004

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|  |  | | | <p style="text-align: right;">1</p> <p>Pizza Cucumber Salad Vanilla Pudding Cup Sliced Peaches</p> | <p><u>Daily Sandwich Choices</u> <u>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> <p>Two 4 oz. D'Animals Yogurt may be selected as a lunch alternate</p> <p>Second entrée available for lunch</p> <p><u>Freshly made Chef Salad</u> available daily upon request at Jackson, Cantiague, and Seaman.</p> <p><u>Middle School/High School-French Fries</u> are available with lunch upon Request.</p> <p>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.</p> <p><u>Low Fat Cheese</u> available upon request.</p> <p>***NOW AVAILABLE***</p> <p><u>Lunch Prices</u></p> <p><i>Elementary</i> \$2.00 <i>All Milk</i> .40 MS/HS \$2.00</p> <p><u>Prepaid Lunches</u></p> <p><u>½ Year(Sept through Jan):</u> <i>Elementary</i> \$178.00 <i>Middle/High School</i> \$178.00</p> <p><u>Full Year:</u> <i>Elementary</i> \$344.00 <i>Middle School</i> \$338.00 <i>High School</i> \$ 330.00</p> <p>SUGGESTIONS WELCOME! Tracy Gilet 203-3600 ext.3258 Cafeteria Manager</p> |
| <p style="text-align: right;">4</p> <p>Teriyaki Chicken Dippers Fluffy Rice Sweet Peas Vanilla Pudding Cup Mixed Fruit Cup</p> | <p style="text-align: right;">5</p> <p>Char Broiled Burger Or Veggie Burger On A Bun Lettuce,Tomato,Pickle Tater Tots Sun Sweeten Raisins</p> | <p style="text-align: right;">6</p> <p>Tacos/Soft or Hard Shell Taco Sauce Shredded Lettuce & Cheese Steam Rice Fresh Fruit</p> | <p style="text-align: right;">7</p> <p>Crispy or Spicy Chicken On a Bun Seasoned Green Beans Dried Fruit Cup</p> | <p style="text-align: right;">8</p> <p>Mozzarella Sticks Homemade Marinara Sauce Rotini Pasta Salad Carrot & Celery Sticks Chilled Applesauce</p> | |
| <p style="text-align: right;">11</p> <p style="text-align: center;"><i>School Closed</i></p> | <p style="text-align: right;">12</p> <p>Hebrew National Hot Dog on a Bun Sauerkraut,Mustard Oven Baked Fries Vegetarian Beans Pineapple Tidbits</p> | <p style="text-align: right;">13</p> <p>Soup & Sandwich Turkey Breast On Hero Roll Shredded Lettuce Tomato,Pickle Campbell's Mega Noodle Soup Orange Slices</p> | <p style="text-align: right;">14</p> <p>Spaghetti with Meatballs Homemade Marinara Sauce French Bread Salad Cup Chilled Pears</p> | <p style="text-align: right;">15</p> <p>Pizza Garden Salad/Dressing Jello Fresh Fruit</p> | |
| <p style="text-align: right;">18</p> <p>Char Broiled Burger Or Veggie Burger On A Bun Oven Fries Pickles Chilled Peaches</p> | <p style="text-align: right;">19</p> <p>Grilled Cheese Sandwich Lettuce,Tomato,Pickle Chilled Applesauce</p> | <p style="text-align: right;">20</p> <p>Pasta A'La Jericho Meat or Marinara Sauce French Bread Tossed Salad/Dressing Strawberries</p> | <p style="text-align: right;">21</p> <p>Chicken Breast Patty On A Bun Garden Salad/Dressing Chocolate Pudding Cup Chilled Fruit</p> | <p style="text-align: right;">22</p> <p>Pizza Tossed Green Salad Orange Slices</p> | |
| <p style="text-align: right;">25</p> <p>Popcorn Chicken Steamed Rice W/Peas & Carrots Orange Slices</p> | <p style="text-align: right;">26</p> <p>Chicken Quesadilla Salad Cup/Dressing Apple</p> | <p style="text-align: right;">27</p> <p>Sloppy Joe On A Bun Oven Fries Chilled Fruit</p> | <p style="text-align: right;">28</p> <p>Brunch For Lunch Belgian Waffles Stix w/Syrup Dannon D'Animals Yogurt Low Fat Cheese Strips Carrot & Celery Sticks Orange Juice/Sliced Banana</p> | <p style="text-align: right;">29</p> <p>Pizza Veggie Cup Chilled Fruit Halloween Treat</p> | |