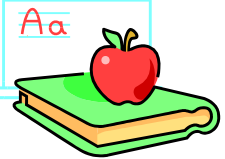
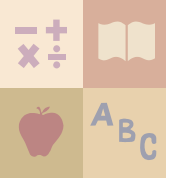


LUNCH MENU\*

# SEPTEMBER 2004



		<p>1</p> <p>Pasta Ala Jericho Meat or Marinara Sauce French Bread Garden Salad/Dressing Fresh Fruit</p>	<p>2</p> <p>Popcorn Chicken Warm Biscuit Mixed Veggie Cup Fresh Fruit</p>	<p>3</p> <p>Pizza Tossed Salad/Dressing Fresh Fruit</p>	<p><b>Weekly Nutrients</b></p> <p>Calories 707 Cholesterol 53mg Protein 37g/ 21% Carbohydrate 96.4g/ 54.6% Total Fat 20.9g/ 26.6% Sat. Fat 8.2 g/ 10.4%</p>	<p><b>Daily Sandwich Choices</b> <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>6</p> <p><b>SCHOOL CLOSED</b></p>	<p>7</p> <p>Grilled Cheese Sandwich Lettuce, Tomato, Pickle Chilled Applesauce</p>	<p>8</p> <p>Charbroiled Burger Or Veggie Burger On A Bun Lettuce, Tomato, Pickle Oven Baked Fries Strawberries</p>	<p>9</p> <p>Pasta &amp; Meatballs Homemade Marinara Sauce Garlic Bread Fresh Cut Carrot &amp; Celery Sticks Chilled Pears</p>	<p>10</p> <p>Pizza Carrot &amp; Celery Sticks Applesauce Dixie Ice Cream Cup</p>	<p><b>Weekly Nutrients</b></p> <p>Calories 765 Cholesterol 80 mg Protein 32.4g/ 16.9% Carbohydrate 107g/ 56.1% Total Fat 24.4g/ 28.7% Sat. Fat 11.9g/ 14%</p>	<p>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, Cantiague, and Seaman. <u>Middle School/High School-</u> 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.</p>
<p>13</p> <p>Crispy or Spicy Chicken On A Bun Lettuce, Tomato, Pickles Sun Sweetened Raisins</p>	<p>14</p> <p>Charbroiled Burger Or Veggie Burger On A Bun Lettuce, Tomato, Pickle Oven Baked Smiley Fries Mixed Fruit</p>	<p>15</p> <p>Chicken Wonder Bites Dipper/ Teriyaki Sauce Fluffy Rice Steamed Broccoli Fruit Cup</p>	<p>16</p> <p>Schools Closed</p>	<p>17</p> <p>Schools Closed</p>	<p><b>Weekly Nutrients</b></p> <p>See next week- analysis Combined- due to a three day week</p>	<p>Orange Juice and 4 oz. Apple Juice.</p>
<p>20</p> <p>Popcorn Chicken Whole Wheat Bread Homemade Green Bean Salad Chilled Fruit</p>	<p>21</p> <p>Hebrew National Hot Dog On A Bun Sauerkraut, Relish, Mustard Baked Beans Pineapple Cup</p>	<p>22</p> <p>Pasta Ala Jericho Homemade Meat or Marinara Sauce French Bread Fresh Cut Carrot &amp; Celery Sticks Chilled Applesauce</p>	<p>23</p> <p><u>SOUP &amp; SANDWICH DAY</u> TURKEY ON A KAISER HOMEMADE VEGETABLE SOUP LINDEN'S CHOCOLATE CHIP COOKIE</p>	<p>24</p> <p>Pizza Tossed Salad/Dressing Homemade Vanilla Cake/Frosting Orange Slices</p>	<p><b>Weekly Nutrients</b></p> <p>Calories 720 Cholesterol 69 mg Protein 34g/ 18.9% Carbohydrate 95.6g/ 53.1% Total Fat 23.8g/ 29.7% Sat. Fat 8 g/ 10%</p>	<p><b>***NOW AVAILABLE***</b> <u>Lunch Prices</u> Elementary \$2.00 All Milk .40 MS/HS \$2.00</p>
<p>27</p> <p>Grilled Cheese Sandwich Garden Salad/Dressing Baked Low Fat Chips Fresh Fruit</p>	<p>28</p> <p>Grilled Chicken Breast Patty On A Bun Lettuce, Tomato, Pickles Tossed Green Salad Chilled Strawberries</p>	<p>29</p> <p>Charbroiled Burger Or Veggie Burger On A Bun Lettuce, Tomato, Pickle Vegetarian Beans Chilled Pears</p>	<p>30</p> <p>Pasta Ala Jericho Homemade Meat or Marinara Sauce French Bread Fresh Cut Carrot &amp; Celery Sticks Chilled Applesauce</p>		<p><b>Weekly Nutrients</b></p> <p>Calories 714 Cholesterol 68 mg Protein 33.4g/ 18.7% Carbohydrate 98.3g/ 55.1% Total Fat 22.1g/ 27.9% Sat. Fat 9g/ 11.3%</p>	<p><b>Prepaid Lunches</b> <u>½ Year (Sept. through Jan.):</u> Elementary \$ 178.00 Middle/High School \$ 17800 <u>Full Year:</u> Elementary \$ 344.00</p>