

		August 29	August 30	August 31	<u><b>Average Weekly Nutrients</b></u> <i>Calories 629</i> <i>Cholesterol 47 mg</i> <i>Total Fat 15.5g/22.2%</i> <i>Protein 34.9 g/22.2%</i> <i>Carbohydrates 89.7g/57.0%</i> <i>Sat. Fat 5.0g/7.2%</i>	<u><b>Daily Sandwich Choices</b></u> <u><b>in All Schools</b></u> Choice of bread: Whole Grain, Kaiser Roll ,whole grain bread Sliced turkey, tuna salad, American cheese, peanut butter and jelly. Tortilla Vegetable Wrap offered daily. Two 4 oz. Yogurt may be selected as a lunch alternate. Second entrée available for \$2.35. MS/HS-may purchase bagel w/cream cheese/butter w/protein, milk, vegetable and fruit for \$3.00. Freshly made Chef Salad available daily upon request at Jackson, Cantiague, and Seaman. With Lunch a student may select Fat-Free Chocolate, 1% White, Skim Milk. Poland Spring Water available Ala carte for \$1.25 <b>***NOW AVAILABLE***</b> <u>Lunch Prices</u> <i>Elementary \$3.00</i> <i>MS/HS \$3.00</i> <i>Milk \$.50</i> <b>SUGGESTIONS WELCOME!</b> <b>Tracy Gilet</b> Director of Food Service 203-3600 ext. 3258 This institution is an equal opportunity provider and employer. <u>Scholar Connect:</u> Online Payments and account information available at <a href="http://www.Scholarconnect.com">www.Scholarconnect.com</a> .
	Sept. 3	4	5	6	7	
School Closed	Chicken Fingers Dipping Sauce Quinoa Steamed Broccoli Applesauce Cup	Grilled Cheese Sandwich Corn Chick Pea Salad Orange Slices	Pasta Ala Rosa Homemade Meat or Marinara Sauce Assorted Bean Salad Fresh Fruit	Pizza Green Beans Tossed Salad Fruit	<u><b>Average Weekly Nutrients</b></u> <i>Calories 616</i> <i>Cholesterol 89 mg</i> <i>Total Fat 17.4 g/25.3%</i> <i>Protein 28.7g/18.7%</i> <i>Carbohydrates 89.5g/58.1%</i> <i>Sat. Fat 5.8g/8.5%</i>	
10	11	12	13	14	<u><b>Average Weekly Nutrients</b></u> <i>Calories 636</i> <i>Cholesterol 44 mg</i> <i>Total Fat 19.2 g/27.2%</i> <i>Protein 30.0 g/18.9%</i> <i>Carbohydrates 88.00 g/55.3%</i> <i>Sat. Fat 5.4g/7.6%</i>	
Schools Closed	Schools Closed	Whole Grain Pasta Homemade Meat or Marinara Sauce Whole Grain Italian Bread Sautéed Spinach W/Garlic Applesauce	<u><b>Brunch For Lunch</b></u> Egg Patty French Toast Sticks W/Syrup Baby Carrots Orange Slices	Pizza Cucumber Salad fruit	<u><b>Average Weekly Nutrients</b></u> <i>Calories 652</i> <i>Cholesterol 97 mg</i> <i>Total Fat 18.3 g/25.2%</i> <i>Protein 31.9g/19.6%</i> <i>Carbohydrates 92.5 g/56.8%</i> <i>Sat. Fat 5.1g/7.1%</i>	
17	18	19	20	21	<u><b>Average Weekly Nutrients</b></u> <i>Calories 652</i> <i>Cholesterol 97 mg</i> <i>Total Fat 18.3 g/25.2%</i> <i>Protein 31.9g/19.6%</i> <i>Carbohydrates 92.5 g/56.8%</i> <i>Sat. Fat 5.1g/7.1%</i>	
Chicken Nuggets Pasta Salad Sliced Sautéed Carrots Fresh Fruit	Hot Dog on Bun Baked Tarter Tots Apple	Schools Closed	Nacho Grande Taco Meat, Tortilla Chips Shredded Cheese ,Lettuce, Salsa, Red Kidney Beans Corn Fresh Fruit	Homemade Baked Ziti (Meatless ) Italian Bread Lettuce Cup Steamed Broccoli Fruit	<u><b>Average Weekly Nutrients</b></u> <i>Calories 652</i> <i>Cholesterol 97 mg</i> <i>Total Fat 18.3 g/25.2%</i> <i>Protein 31.9g/19.6%</i> <i>Carbohydrates 92.5 g/56.8%</i> <i>Sat. Fat 5.1g/7.1%</i>	
24	25	26	27	28	<u><b>Average Weekly Nutrients</b></u> <i>Calories 652</i> <i>Cholesterol 97 mg</i> <i>Total Fat 18.3 g/25.2%</i> <i>Protein 31.9g/19.6%</i> <i>Carbohydrates 92.5 g/56.8%</i> <i>Sat. Fat 5.1g/7.1%</i>	
<u><b>Brunch For Lunch</b></u> Egg Patty Pancakes W/Syrup Cucumber Slices Celery & Carrot Sticks Orange Slices	Chicken Patty Sandwich Lettuce & Tomato Roasted Cauliflower Fresh Apple	Whole Grain Spaghetti W/Meatballs Whole Grain Italian Bread Spring Salad W/Tomato & Carrots Fruit	All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Roasted Broccoli Baked Tater Tots Fruit	Pizza Tomato Salad Sautéed Spinach W/Garlic Fruit	<u><b>Average Weekly Nutrients</b></u> <i>Calories 652</i> <i>Cholesterol 97 mg</i> <i>Total Fat 18.3 g/25.2%</i> <i>Protein 31.9g/19.6%</i> <i>Carbohydrates 92.5 g/56.8%</i> <i>Sat. Fat 5.1g/7.1%</i>	