



**LUNCH MENU\***

<p>3</p> <p>Grilled Cheese Whole Grain Bread Oven Baked Fries Fruit</p>	<p>4</p> <p>Chicken Nuggets Macaroni &amp; Cheese Steamed Spinach Mixed Berry Fruit Cup</p>	<p>5</p> <p>Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Seasoned Carrot Coins Fruit</p>	<p>6</p> <p>Whole Grain Pizza Seasoned Chick Peas Peaches MS/HS Pizza Bagels</p>	<p>7</p> <p>Sloppy Joe/Bun Golden Corn Fruit  No Elementary</p>	<p><b>Average Weekly Nutrients</b> Calories 600 Cholesterol 58 mg Total Fat 15.5g/22.7% Protein 36.1 g/23.1% Carbohydrates 80.5g/54.0% Sat. Fat 5.9g/8.8%</p>	<p><b>Daily Sandwich Choices in All Schools</b> 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. . <b>Now available WOWBUTTER &amp; JELLY.</b> Salads are unavailable until further notice 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> Elementary \$3.00 MS/HS \$3.00 Milk \$.50 <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>.</p>
<p>10</p> <p><b>Brunch For Lunch</b> Pancakes W/Syrup Egg Patty/Turkey Sausage Links Broccoli Florets/Ranch Dressing Strawberry Cup</p>	<p>11</p> <p>Hamburger OR Veggie Burger(cheese) On A Whole Grain Bun Bean Salad Fruit</p>	<p>12</p> <p>Whole Grain Spaghetti W/Meatballs Homemade Marina Sauce Whole Grain Italian Bread Season Carrots Fruit</p>	<p>13</p> <p>Hot Dog Whole Grain Bun Baked Tarter Tots Vegetarian Beans Fruit</p>	<p>14</p> <p>Nacho Grande Taco Meat, Tortilla Chips Shredded Cheese ,Salsa, Vegetarian Beans Fruit</p>	<p><b>Average Weekly Nutrients</b> Calories 627 Cholesterol 93 mg Total Fat 22.7g/30.7% Protein 31.7g/19.2% Carbohydrates 83.0g/50.9% Sat. Fat 6.6g/9.0%</p>	
<p>17</p> <p>Teriyaki Chicken Wonder Bite Dippers Brown Rice Steamed Broccoli Fruit</p>	<p>18</p> <p>Tacos Soft or Hard Shell Salsa Brown Rice, Vegetarian Beans Fruit</p>	<p>19</p> <p>Whole Grain Chicken Patty On A whole Grain Bun Baked Tater Tots Fruit</p>	<p>20</p> <p>Whole Grain Pasta Homemade Meat or Marinara Sauce Whole Grain Italian Bread Season Carrots Fruit</p>	<p>21</p> <p>Pizza Chick Pea Salad Fruit MS/HS Pizza Bagels</p>	<p><b>Average Weekly Nutrients</b> Calories 672 Cholesterol 43.4 mg Total Fat 15.7 g/21.30% Protein 33.4g/20.8% Carbohydrates 95.7g/57.8 Sat. Fat 5.1g/7.0%</p>	
<p>24</p> <p>SCHOOL CLOSED</p>	<p>25</p> <p>SCHOOL CLOSED</p>	<p>26</p> <p>SCHOOL CLOSED</p>	<p>27</p> <p>SCHOOL CLOSED</p>	<p>28</p> <p>SCHOOL CLOSED</p>		
<p>31</p> <p>SCHOOL CLOSED</p>						