


LUNCH MENU\* Elementary School

	August 29	August 30	August 31	1	<p><b>Average Weekly Nutrients</b></p> <p>Calories 687 Cholesterol 41 mg Total Fat 18.2g/22.46 Protein 36.46g/19.86% Carbohydrates 109.76/59.70 Sat. Fat 5.23g/6.4%</p>	<p><b>Daily Sandwich Choices in All Schools</b></p> <p>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. Fresh cut carrot sticks served daily in all schools. 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 Now available WOWBUTTER &amp; JELLY. <b>***NOW AVAILABLE***</b></p> <p><b>Lunch Prices</b></p> <p>Elementary \$3.00 MS/HS \$3.00 Milk \$.50</p> <p><b>SUGGESTIONS WELCOME!</b></p> <p><b>Tracy Gilet</b> Director of Food Service 203-3600 ext. 3258</p> <p>This institution is an equal opportunity provider and employer.</p> <p><b>Scholar Connect:</b> Online Payments and account information available at <a href="http://www.Scholarconnect.com">www.Scholarconnect.com</a></p>
	Whole Grain Pizza Chick Pea Salad with Cucumber & Tomato Fresh Fruit	Chicken Patty on a Whole Grain Bun Golden Corn Fruit	Homemade Tacos Soft or Hard Shells Shredded Lettuce, Salsa Brown Rice, Red Beans Fruit	Pizza Bagel Chickpea Salad Fresh Fruit		
4 School closed	5 Chicken Nuggets Brown Rice Steamed Broccoli Fruit	6 100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Fruit	7 Pizza Bagel Home Made Green Bean Salad W/Fresh Potatoes Fruit	8 Chicken Parmigiana Whole Grain Bun Golden Corn Fruit	<p><b>Average Weekly Nutrients</b></p> <p>Calories 684 Cholesterol 53mg Total Fat 18.1g/23.9% Protein 34.7g/20.3% Carbohydrates 99.1 g/58.0% Sat. Fat 5.8g/9.4%</p>	
11 <b>Brunch For Lunch</b> Egg Patty French Toast Sticks W/Syrup Baby Carrots Fruit	12 Pasta W/Homemade Marinara Sauce or Bolognese Sauce Italian Bread Roasted Red Peppers Fresh Fruit	13 Nacho Grande Taco Meat, Tortilla Chips Shredded Cheese ,Lettuce, Salsa, Red Kidney Beans Corn Fresh Fruit	14 Crispy Popcorn Chicken Brown Rice Sautéed Spinach W/Garlic Peach Cup	15 Ellio's Style Pizza Three Bean Salad Orange Juice Fresh Fruit	<p><b>Average Weekly Nutrients</b></p> <p>Calories 661 Cholesterol 116 mg Total Fat 16.5g/22.5% Protein 32.5g/19.7% Carbohydrates 96.5g/58.4% Sat. Fat 5.1g/7.0%</p>	
18 Chicken Patty On A Whole Grain Bun Brown Rice Broccoli Crowns Fruit Cup	19 Turkey Hot Dogs On a Whole Grain Bun Baked Fries Fresh Fruit	20 Homemade Baked Ziti (Meatless) Whole Grain Italian Bread Sautéed Broccoli Fresh Fruit	21 SCHOOL CLOSED	22 SCHOOL CLOSED	<p><b>Average Weekly Nutrients</b></p> <p>Calories 631 Cholesterol 13.66 mg Total Fat 18.2 3g Protein 28.80 g Carbohydrates 90.13 % Sat. Fat 5.0 g</p>	
25 Grilled Cheese Carrot & Celery Sticks Bean Salad Fresh Fruit	26 100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Tater Tots Carrot Sticks Fruit	27 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Broccoli Apple Sauce Cup	28 Open Face White Meat Turkey Gravy On Whole Grain Bread Mashed Potatoes Peach Cup	29 Ellio's Style Pizza Homemade Green Bean Salad Carrot Sticks Fresh Fruit	<p><b>Average Weekly Nutrients</b></p> <p>Calories 643 Cholesterol 69 mg Total Fat 19.9g/27.8% Protein 32.2g/20.0% Carbohydrates 84.5 g/52.6% Sat. Fat 6.8g/9.6%</p>	