

		<p>1 Pasta Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup/Fat Free Dressing Fruit</p>	<p>2 White Meat Popcorn Chicken Brown Rice Sautéed Spinach W/Garlic Corn Fruit</p>	<p>3 Turkey Hot Dogs Whole Grain Roll Oven Baked Sweet Potato Fries Fruit</p>	<p>Average Weekly Nutrients Calories 659 Cholesterol 68 mg Total Fat 19.0 g/25.9% Protein 29.7g/18.0 % Carbohydrates 93.5g/56.8% Sat. Fat 4.7 g/6.4%</p>	<p><u>Daily Sandwich Choices</u> <u>in All Schools</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. 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***</p>
<p>6 White Meat Chicken Fingers Dipping Sauce Brown Rice Sliced Cucumber Fruit</p>	<p>7 Superintendent's Conference Day</p>	<p>8 <u>Holiday Dinner</u> Turkey Breast Brown Gravy Mashed Potato Stuffing Fruit</p>	<p>9 BBQ Beef Ribs On A whole Grain Bun Chick Pea Salad Fresh Fruit</p>	<p>10  School Closed</p>	<p>Average Weekly Nutrients Calories 652 Cholesterol 58 mg Total Fat 17.9 g/24.8% Protein 32.7g/20.1% Carbohydrates 90.6 g/55.6% Sat. Fat 5.7g/7.8%</p>	
<p>13 Grilled Cheese Sandwich Golden Corn Strawberry Cup</p>	<p>14 <u>Brunch For Lunch</u> Egg Patty French Toast Sticks W/Syrup Carrot Sticks Fruit</p>	<p>15 Rotini Pasta W/ Marinara Sauce Meatballs Whole Grain Italian Bread Roasted Red Peppers Fruit</p>	<p>16 White Meat Chicken Patty on a Bun Cauliflower Mashed Potato Fresh Fruit</p>	<p>17 Pizza Bagel Green Bean Salad Fruit</p>	<p>Average Weekly Nutrients Calories 666 Cholesterol 71 mg Total Fat 16.4g/22.2% Protein 32.7g/19.6% Carbohydrates 101.3g/60.8% Sat. Fat 5.1g/6.9%</p>	
<p>20 Turkey Hot Dog Whole Grain Roll Sweet Potato Fries Fruit</p>	<p>21 Meatball Hero Homemade Marianna Sauce Fresh Carrots & Celery Sticks Fruit</p>	<p>22 Homemade Baked Ziti (Meatless) Italian Bread Sautéed Spinach W/ Garlic Fruit</p>	<p>23 SCHOOL CLOSED </p>	<p>24 School Closed</p>	<p>Average Weekly Nutrients Calories 672 Cholesterol 39 mg Total Fat 19.46g/26.2% Protein 31.7g/18.6% Carbohydrates 94.0g/56.0% Sat. Fat 5.7g/7.9%</p>	
<p>27 100 % All Beef Hamburger OR Veggie Burger On A Whole Grain Bun Potato Rounds Lettuce & Tomato Fruit</p>	<p>28 Homemade Baked Ziti (Meatless) Italian Bread Sautéed Spinach W/ Garlic Fruit</p>	<p>29 <u>Brunch For Lunch</u> Egg Patty Pancakes W/Syrup Veggie Cup Orange Slice's</p>	<p>30 Pizza Bagel Kidney Bean Salad Fresh Fruit</p>		<p>Average Weekly Nutrients Calories 659 Cholesterol 68 mg Total Fat 19.0 g/25.9% Protein 29.7g/18.0 % Carbohydrates 93.5g/56.8% Sat. Fat 4.7 g/6.4%</p>	

Lunch Prices
Elementary \$3.00
MS/HS \$3.00
Milk \$.50

SUGGESTIONS WELCOME!
Tracy Gilet Director of Food Service
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