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|  | <p>3 Teriyaki Chicken Wonder Bite Dippers Brown Rice Sautéed Spinach W/Garlic Fruit</p> | <p>4 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Broccoli W/Ranch Dressing Fresh Fruit</p> | <p>5 Meatball Hero With Cheese & Marinara Sauce Fresh Cut Carrot & Celery Sticks Fruit</p> | <p>6 Whole Grain Pizza Three Bean Salad Fresh Carrots Fruit MS/HS Pizza Bagels</p> | <p>Average Weekly Nutrients Calories 594 Cholesterol 62g Total Fat 12.5g/18.9g Protein 34.0g/22.9g Carbohydrates 87.3g/58.8g Sat. Fat 4.6g/6.9g</p> | <p>Daily Sandwich Choices In All Schools Choice of bread: Whole Grain, Kaiser Roll, Whole Grain Bread, Sliced Turkey, Tuna Salad, American Cheese, Peanut Butter & Jelly. Tortilla Vegetable Wrap offered daily.</p> |
| <p>9 Brunch For Lunch Egg Patty French Toast Sticks W/Syrup Hash Brown Potatoes Fresh Fruit</p> | <p>10 Whole Grain Pasta Homemade Marinara Sauce Cheese Cup Broccoli Crowns Ranch Dressing Fresh Fruit</p> | <p>11 Hamburger OR Veggie Burger On A Whole Grain Bun Baked Tater Tots Steamed Green Beans Orange Slices</p> | <p>12 Whole Grain Chicken Nuggets Quinoa Steamed Carrots Fresh Fruit</p> | <p>13 Whole Grain Pizzeria Style Pizza Sautéed Spinach W/Garlic Applesauce MS/HS Pizza Bagels</p> | <p>Average Weekly Nutrients Calories 649 Cholesterol 84g Total Fat 19.7g/27.3g Protein 32.8g/20.2g Carbohydrates 89.0g/54.8g Sat. Fat 5.5g/7.7g</p> | <p>Two 4.0 oz. Yogurt may be selected as a lunch alternate. Second entrée available for \$2.50 MS/HS may purchase bagel w/cream cheese/butter w/protein, milk, vegetable and fruit for \$3.15 Now available WOWBUTTER & JELLY.</p> |
| <p>16 Turkey Hot Dogs Whole Grain Roll Baked Tater Tots Fruit Cup</p> | <p>17 Chicken Fingers Brown Rice Steamed Broccoli Fruit</p> | <p>18 Whole Grain Pasta Homemade Marinara Sauce Cheese Cup Broccoli Crowns Ranch Dressing Fruit</p> | <p>19 Crispy Popcorn Chicken Quinoa Sautéed Spinach Fruit</p> | <p>20 Pizzeria Style Pizza Three Bean Salad Fruit MS/HS Pizza Bagels</p> | <p>Average Weekly Nutrients Calories 649 Cholesterol 49g Total Fat 3.4g/27.3g Protein 33.4g/54.1g Carbohydrates 87.9g/54.1g Sat. Fat 5.5g/7.7g</p> | <p>Fresh made Chef Salad available daily upon request at Jackson, Cantigue, 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>23 Brunch For Lunch Egg Patty French Toast Sticks W/Syrup Hash Brown Potatoes Fruit</p> | <p>24 Pasta Ala Rosa Homemade Meat or Marinara Sauce Whole Grain Italian Bread Salad Cup Fat Free Dressing Fruit</p> | <p>25 Chicken Parmigiana Whole Grain Roll Cauliflower Mashed Potatoes Fruit</p> | <p>26 Meatball Hero Chick Pea Salad Sautéed Spinach W/Garlic Fruit</p> | <p>27 Whole Grain Pizza Spring Salad Fat Free Dressing Fruit MS/HS Pizza Bagels</p> | <p>Average Weekly Nutrients Calories 649 Cholesterol 49g Total Fat 3.4g/27.3g Protein 33.4g/54.1g Carbohydrates 87.9g/54.1g Sat. Fat 5.5g/7.7g</p> | <p>Lunch Prices Elementary \$3.15 MS/HS \$3.15 Milk \$0.50 SUGGESTIONS WELCOME! Tracey Gilet Director of Food Services 203-3600 ext. 3258</p> |
| <p>30 SCHOOL CLOSED</p> | | | | | | <p>This institution is an equal opportunity provider and employer. <u>Scholar Connect:</u> Online Payments and account information available at www.scholarconnect.com</p> |