



Elementary Schools

September 2010

2010-2011 Meal Prices

Elementary Lunch

\$2.15

Reduced Lunch

\$.25

Adult Lunch

\$4.50 + Tax

Lunch Alternates

Rainbow Grilled Cheese
American & Mozzarella Cheeses

Egg & Bagel Express
Mini Bagel & Hard Boiled Egg

Fruit & Yogurt Parfait -
Vanilla Yogurt with Fruit

Fun Stix'n Dip-
With Cheese or Turkey

Fiesta Nacho Salad
With Chicken, Beans & Cheese

Pizza is an alternate every Wednesday!
Veggie Burgers available every day!

*All lunches and lunch alternates consist of
Meat/Meat Alternate, Vegetable, Fruit/Fruit Juice,
Bread/Grain and Milk*

**Questions? Contact the lunch office:
631-687-6525**

Menu subject to change without notice

Berry, Berry Good for You!



*Blueberries are the second most popular berry in the United States.

*Michigan and New Jersey produce 66% of all the blueberries in the United States, followed by North Carolina, Oregon and Washington.

*Over 200 million pounds of blueberries are grown every year in North America.

*Blueberries are first picked by hand to gather the best of the early fruit. Later, if the fruit is to be mechanically harvested, a harvesting machine goes through the field and gently shakes each bush so only the ripe blueberries drop off.

*Blueberries are a good source of Vitamin C and fiber.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2

3

4



Welcome Back!



6

Labor Day
Schools
Closed

7

Baked Chicken Nuggets
Dipping Sauce
Golden Corn Niblets
Slice of Bread
Fresh Fruit/Fruit Cup
Milk Selection

8

Build your own Tacos!
Taco filling (P), cheese, lettuce, tomato
Salsa & sour cream too!
Fresh Fruit/Fruit Cup
Milk Selection

9

Rosh Hashanah
Schools
Closed

10

Rosh Hashanah
Schools
Closed

13

Baked Popcorn Chicken
Dipping Sauce
Whipped Potatoes
Slice of Bread
Fresh Fruit/Fruit Cup
Milk Selection

14

Mozzarella Sticks
Marinara Sauce for Dipping
Slice of Italian Bread
Garden Side Salad
Fresh Fruit/Fruit Cup
Milk Selection

15

Brunch for Lunch!
French Toast Sticks
Syrup on the Side
Sausage Patty
Cinnamon Applesauce
Milk Selection

16

Party Style Super Hero
Chicken Parmesan with
Melted mozzarella
Italian Style Veggie Pasta
Salad
Fresh Fruit/Fruit Cup

17

Pizza! Pizza!
Cheese Pizza Square
With or without pepperoni
Chef's Choice Vegetable
Fresh Fruit/Fruit Cup
Milk Selection

20

Baked Chicken Tenders
Dipping Sauce
Corn on the Cob
Slice of Bread
Fresh Fruit/Fruit Cup
Milk Selection

21

Hamburger, Cheeseburger
Or Veggie Burger
Sweet Potato Tots
Fresh Fruit/Fruit Cup
Milk Selection

22

Spaghetti
&
Meatballs
Garden Side Salad
Fresh Fruit/Fruit Cup
Milk Selection

23

Nachos Supreme!
Meat filling (p), cheese,
Lettuce, tomato
Salsa & sour cream too!
Fresh Fruit/Fruit Cup
Milk Selection

24

Pizza! Pizza!
Cheese Pizza Square
With or without pepperoni
Carrot Coins
Fresh Fruit/Fruit Cup
Milk Selection

27

Baked Chicken Nuggets
Dipping Sauce
Golden Corn Niblets
Slice of Bread
Fresh Fruit/Fruit Cup
Milk Selection

28

Build your own Tacos!
Taco filling (P), cheese, lettuce, tomato
Salsa & sour cream too!
Fresh Fruit/Fruit Cup
Milk Selection

29

Mozzarella Sticks
Marinara Sauce for Dipping
Slice of Italian Bread
Garden Side Salad
Fresh Fruit/Fruit Cup
Milk Selection

30

Rainbow Grilled Cheese
Melted American &
Mozzarella Cheeses on WW
Sweets & Whites Tator Tots!
Fresh Fruit/Fruit Cup
Milk Selection