

**LUNCH PRICES:**

Type A Lunch Price \$1.75  
 Adult "A" Lunch \$2.75 + tax



With summer fast approaching, lots of exciting plans keep us always on the go. So how do we still remain healthy and eat well-balanced meals? First, never skip breakfast. Grab a protein or cereal bar and some 100% juice on your way out the door, or a pre-wrapped whole grain bagel or roll from the café—or set up your cereal bowl the night before and just add fruit and milk in the morning. For lunch or dinner, avoid those fast food places, or if that is your only option, go for the salad entrees or grilled chicken specials—and hold the fries and soft drinks. Snacks are just as easy to manage—vending machines have lots of healthier options (like pretzels) or grab a piece of fresh fruit or pre-packaged fresh cut veggies from the house on your way out.

# Syosset Schools

## May 2008



**DAILY LUNCH ALTERNATES**

Peanut Butter & Jelly Sandwich  
 American Cheese Sandwich  
Above served on WHOLE WHEAT BREAD

**ALL STUDENT LUNCHES INCLUDE:**

Choice of Whole Milk, Skim Milk, 1% Milk or Low Fat Chocolate Milk or Punch or Water  
**Fresh Vegetable / Fresh Fruit**

**Sensible Snacks**

Fresh Cup of Grapes  
 Pretzel Rods  
 Baked Chips  
 Multigrain Bars  
 Animal Crackers  
 Graham Crackers  
 Rice Krispy Treats  
 Quaker Rice Cakes  
 Dolphin Crackers

Fat=7 grams or less  
Sat Fat=2 grams or less  
Sodium=360 mg or less  
Sugar=15 grams or less

*\*Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions. +This item can be cooked to your liking.*

Monday	Tuesday	Wednesday	Thursday	Friday
		April 30 Chicken Breast On Roll w/ Tomato Or Baked Macaroni & Cheese Whole Wheat Roll Side Salad Fruit of the Day	<b>PASTA BAR</b> Choice of: Spaghetti or Rotini Toppings: Marinara Sauce Alfredo Sauce Bolognese Sauce Whole Wheat Roll	Baked Chicken Nuggets Whole Wheat Dinner Roll Or Grilled Cheese On Whole Wheat Bread Tossed Salad Sliced Oranges
<b>CINCO DE MAYO</b> Arroz Con Pollo Or Twin Turkey Tacos w/ Lettuce & Tomato Spanish Rice & Beans Fruit of the Day	Roast Turkey w/ Stuffing Or Vegetarian Chili & Rice Whole Wheat Dinner Roll Chilled Mixed Fruit	Stuffed Shells Whole Wheat Dinner Roll Or Meat Ball Hero Seasoned Rice Kernel Corn Chilled Pears	Stuffed Shells Whole Wheat Dinner Roll Or Spicy Jamaican Beef Patty Home style Pasta Salad Fresh Fruit Salad	Chicken Caesar Wrap Vegetable Pasta Salad Or Turkey Tacos Grande w/ Lettuce & Tomato Watermelon
Mozzarella Sticks w/ Marinara Sauce Or Barbecue Rib Hero Tossed Salad Fruit of the Day	Twin Hot Dogs Or Swiss Burger w/ Lettuce & Tomato On Whole Wheat Bun Chocolate Pudding Fruit of the Day	Baked Ziti Whole Wheat Dinner Roll Or Chicken Salad Wrap Cole Slaw Chilled Apple Sauce	Stuffed Shells w/ Dinner Roll Or Philly Cheese Steak w/ Onions & Peppers Roasted Potatoes Peaches	Grilled Chicken Breast Or Baked Macaroni & Cheese Whole Wheat Dinner Roll Fruit of the Day
Baked Meat Loaf Garlic Mashed Potatoes Mixed Vegetables Or Baked Rotini w/ Whole Wheat Bread Carrot & Celery Sticks Fruit of the Day	Twin Turkey Tacos w/ Lettuce & Tomato Rice & Beans Or Popcorn Chicken Home Style Vegetable Pasta Salad Pineapple Tidbits	Barbecue Rib Hero Or Ranch Chicken Whole Wheat Dinner Roll String Beans Fresh Orange Slices	<b>SCHOOL CLOSED SNOW MAKE UP DAY</b>	<b>SCHOOL CLOSED</b>
<b>SCHOOL CLOSED</b>	Chicken Nuggets w/ Dipping Sauce Or V=Grilled Cheese & Tomato Home Style Pasta Salad Vanilla Pudding Fruit of the Day	Chicken Cordon Bleu Hero Or Marinated Grilled Vegetable Wrap Vegetable Pasta Salad Fruit of the Day	Nacho Grande w/ Lettuce, Tomato & Salsa Or Beef Gyro on Pita Side Salad Sliced Pears	Spaghetti & Meatballs Garlic Bread Or Twin Hot Dogs w/ Sauerkraut Sautéed Vegetables Fresh Fruit of the Day

**FUN FOOD FACT**

Salads are a great and easy way to get your daily veggies! Start with darker leaf lettuce, which has more nutritional value than iceberg, and top with your favorites. Carrots, cucumbers, radishes and tomatoes are all tops-but why not add in some new ones like peppers, broccoli, cauliflower, mushrooms, avocados, sprouts or even fruits? And don't forget to use low-fat or fat free dressing in moderation!

**SPECIAL VALUE**

**COMBO MEAL \$ 3.50**

**OUR PREMAID OFFERING CHANGES DAILY AND IS AVAILABLE AT ALL THREE SCHOOLS**

**DAILY HEALTHIER CHOICE**

*Tuna, Egg or Chicken Salad Platter*

Served over a bed of mixed greens with tomato wedges, cucumbers, and dressing.

*Above served with low fat, low moisture, part skim mozzarella cheese strips for added protein*

**QUESTIONS OR COMMENTS**

Please call the Food Service Director at 364-5849  
 Menu subject to change.  
 Notice posted when possible.