



2011

# September

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

## Elementary School Menu – East Meadow Schools Welcome Back to School !

<b>5</b>	<b>Labor Day Schools Closed</b>	<b>6</b>	<i>BBQ Rib on a Fresh Baked Bun, Served with Sliced Carrots and Crisp Red Apple</i>	<b>7</b>	Whole Grain Baked Macaroni in Creamy Cheese Sauce, Carrot Crunchers, Pineapple Slices	<b>8</b>	<i>Chicken Patty, Brown Rice Medley served with Asian Slaw and Fresh Orange</i>	<b>9</b>	Cheese Pizza, Classic or Whole Wheat with Fresh Romaine Garden Salad, Watermelon Slice
<b>12</b>	<i>Crispy Chicken Wrap Stuffed with Lettuce, Tomato and Cheese served with Chilled Pears</i>	<b>13</b>	<i>Nachos Tortilla Chips with Taco filling served with Lettuce, Cheese and Tomato salsa, Ripe Banana</i>	<b>14</b>	<i>Baked Ziti, Zesty Tomato Sauce with Meatballs, Sliced Italian Bread, Green Beans and Fresh Peach</i>	<b>15</b>	<i>Oven Roasted Turkey, Mashed potato, Dinner Roll, Fresh Garden Salad and Crisp Apple</i>	<b>16</b>	Pepperoni Pie with Choice of Crust Regular or Whole Wheat, Cucumber Salad, Fresh Fruit Bowl
<b>19</b>	<i>Hot Ham &amp; Cheese Melt served with Potato Wedge, Three Bean Salad and Green Grapes</i>	<b>20</b>	Brunch for Lunch French Toast w Maple Syrup served with Sliced Ham and Orange Smiles	<b>21</b>	<i>Spaghetti w Meat Sauce, Fresh Mixed Green Salad with Chick Peas. Red Apple</i>	<b>22</b>	<i>General Tso Oriental Chicken Fluffy Rice, Vegetable Blend, Fruit Cup</i>	<b>23</b>	<i>Whole Wheat Cheese Pizza with Crisp Garden Vegetable Salad, Fresh Peach</i>
<b>26</b>	<i>Cheese Burger on Whole Wheat Roll, w Macaroni Salad and Crisp Fresh Apple</i>	<b>27</b>	<i>Mozzarella Sticks w Sauce Garlic Bread, Carrot Coins, Fresh Fruit Basket</i>	<b>28</b>	<i>Oven Baked Chicken Nuggets, Oven Roasted Potato, Broccoli, Fresh Pear</i>	<b>29</b>	<b>Rosh Hashanah, Schools Closed</b>		
						<b>30</b>			

~ A variety of Milk is provided daily with the meal- ALL Milk is Hormone and Antibiotic Free.

Alternate Sandwich Selection  
 Mon - Turkey  
 Tue ~ Italian Sub  
 Wed~ Baked Ham  
 Thursday~Boars Head Beef Bologna  
 Friday~Egg Salad

Whole Wheat Breads and Rolls are available for all sandwich selections

Veggie Cups, Fruit and Yogurt Parfaits, Assorted Fresh Salads and Shaker Salads available daily

All Juice Drinks Offered are 100% Juice

Student Lunch Price \$2.10

Menus are subject to change without notice.

Snacks offered in the elementary schools follow the guidelines for sensible snacks and contain less than: Fat 7g, Sat Fat 2g, Sodium 360mg, Sugar 15g. Questions regarding the menu? Please contact the Dining Service Office at 516-876-7440.

