



# 2017-2018 ELEMENTARY LUNCH MENU GREAT NECK PUBLIC SCHOOL

A school lunch offers 5 components: hot/cold entrée, bread or grain, fruit, vegetable and milk. Students must select a minimum of 3 items and 1 must be a fruit or vegetable. If a student does not take 3 items (1 being a fruit or vegetable) ala carte charges must apply.

A school breakfast offers 4 components: cereal or bagel, milk, fruit/fruit juice and yogurt or cheese stick. Students must select a minimum of 3 items, 1 must be a fruit/fruit juice.

## Cost

- Breakfast: \$1.75
- Lunch: \$2.75
- Lunch for a year: \$477.00
- Kosher Lunch an additional \$1.35
- Snacks \$.50, \$1.00
- \*Bottled Water, \$.60, \$1.25
- Milk or 100% Juice \$.40

## Vegetable Selection-offered daily

- Fresh Salad (romaine, kale, spinach, cabbage, cucumber, beet, carrot, tomato, crispy noodles) w/low fat dressing
- Baby Carrots w/dip

## Beans/Legumes Selection-cold cupped

- Kidney Beans
- Garbanzo Beans
- Black Beans

## Grain

- Whole Grain/Wheat Bread/Rolls
- Whole Grain Cereal
- Whole Grain Mini Bagel

## Fruit Selection

- Fresh Apple Slices or Oranges Wedges-daily
- Chilled Cup
  - Mixed Fruit-Monday
  - Peaches-Tuesday
  - Fresh Banana-Wednesday
  - Applesauce-Thursday
  - Pears-Friday

## Sandwich Variety

- Rainbow Cheese-American & Mozzarella
- Turkey Breast & Kosher Turkey Breast
- Peanut Butter & Jelly-not available @ Parkville
- Egg Salad-Tuesday & Thursday
- Tuna Salad-Monday & Wednesday

## Milk

- Fat Free Unflavored, Strawberry & Chocolate
- 1% Unflavored

## Alternative Protein

- Egg Salad Cup-Tuesday & Thursday
- Tuna Salad Cup-Monday & Wednesday
- Single Serve Hummus
- Yogurt

## \*Snacks

- A variety of reduced fat ice cream, baked chips and WG cookies.

**\*NOT AVAILABLE AT PARKVILLE**

**MENU SUBJECT TO CHANGE  
WITHOUT NOTICE**

