



Great Neck Public Schools Pre-K/Kindergarten/Elementary Lunch Menu

January ~ June 2012



<p>A standard school lunch (\$2.05) includes five components: Hot Entrée or Cold Sandwich, Bread or Grain (maybe included in entrée/sandwich), Fruit, Vegetable & Milk. Children must select a minimum of three items. If a student does not take 3 items, A La Carte charges will apply.</p>	<p>Vegetable Selection -Fresh Romaine & Mesclun Greens Salad w/Low Fat Dressing Daily -Steamed Vegetable of the Day -Fresh Seasonal Vegetable Cup w/Low Fat Dip -Kidney Bean, Black Bean or Garbanzo Beans</p> <p>Grain: Whole Wheat Bread Available Daily</p>	<p>Fruit Selection -Fresh Apples & Oranges-Daily -Chilled Canned Fruit of the Day. -100% Fruit Juice (4 oz.) -Fresh Seasonal Fruit and Dried Fruit</p> <p>Sandwich Variety: Turkey, Turkey Bologna, Turkey Ham, Cheese & Peanut Butter & Jelly-Daily *Peanut Butter not available at Parkville</p>	<p>Milk -1% Low Fat -1% Low Fat Chocolate & Strawberry -Fat Free</p> <p>Available Daily: Whole Wheat Bagel, Yogurt, Whole Grain Cereal</p>
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	Monday	Tuesday	Wednesday	Thursday	Friday
<p>WEEK 1 BEGINNING FEBRUARY 7 SAMPLE NEW & SOME 'NOT-SO-NEW' FOOD ITEMS</p>	<p>Cheese Pizza Steamed Broccoli Florets Pears **Kosher Pizza</p>	<p>Chicken Nuggets Dipping Sauce Baked Sweet Potato Steamed Mixed Vegetables Whole Wheat Roll Pineapple Chunks **Kosher Chicken Nuggets</p>	<p>Spaghetti Marinara Sauce or Meat Sauce Whole Wheat French Bread Steamed Green Beans Peaches</p>	<p>Seasoned Beef, Kidney Beans Shredded Cheese, Romaine Lettuce, Tomato, Tostitos Scoops & Salsa Confetti Corn w/Black Beans Mixed Fruits</p>	<p>Grilled Cheese Sandwich Steamed Carrots Cole Slaw Applesauce</p>
<p>WEEK 2 <i>Purchased Lunch and Still Hungry?</i> <i>A child can always select an additional portion of a vegetable or fruit at no extra charge!</i></p>	<p>Pancakes w/ Sliced Peaches or Fresh Cut Seasonal Fruit Lettuce Leaf Hard Cooked Egg or Cheese Stick</p>	<p>Tangerine Chicken Steamed Brown Rice Steamed Carrots Pears **Kosher Chicken Nuggets</p>	<p>Potato Pierogies Italian Mixed Vegetables Cheese Stick Applesauce</p>	<p>Cheese Pizza Steamed Green Beans Pineapple **Kosher Pizza</p>	<p>Baked Macaroni & Cheese Steamed Carrots Whole Wheat Roll Mixed Fruits</p>
<p>WEEK 3 Choose MyPlate.gov</p>	<p>Seasoned Fajita Chicken Strips Kidney Beans Shredded Cheese Romaine Lettuce Tomato, Tostitos Scoops Salsa Pineapple Chunks</p>	<p>Cheese Pizza Black Beans & Corn Applesauce **Kosher Pizza</p>	<p>Chicken Nuggets Dipping Sauce Mediterranean Mixed Vegetables Whole Wheat French Bread Peaches **Kosher Chicken Nuggets</p>	<p>Grilled Cheese Sandwich Steamed Carrots Mixed Fruits</p>	<p>Pasta Marinara Sauce or Meat Sauce Steamed Wax Beans Whole Wheat Roll Pears</p>
<p>WEEK 4 <i>This menu is planned with 100% Whole Wheat and Low-Fat Product.</i></p>	<p>Chicken Nuggets Dipping Sauce Steamed Brown Rice Steamed Butternut Squash Whole Wheat French Bread Mixed Fruits **Kosher Chicken Nuggets</p>	<p>Baked Rotini w/Melted Mozzarella & Marinara Sauce Steamed Broccoli & Cauliflower Whole Wheat Roll Peaches</p>	<p>Cheese Pizza Steamed Green Beans Mixed Fruits **Kosher Pizza</p>	<p>Hamburger on WW Bun Sliced Tomato Cole Slaw Applesauce **Kosher Potato Pancake</p>	<p>Breaded Fish Portion Roasted L. I. Potatoes Steamed Carrots Pineapple Chunks</p>

Allergy Alert: Remind your child that it is not safe to trade or share food

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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