

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

## January ~ June 2010



<p>A standard school lunch (\$1.50) includes five components: Hot Entrée or Cold Sandwich, Bread or Grain (maybe included in entrée/sandwich), Fruit, Vegetable &amp; Milk. Children must select a minimum of three items.</p>	<p><b>Vegetable Selection</b>                  -Fresh Salad Greens w/Low Fat Dressing-daily                  -Steamed Vegetable of the Day                  -Fresh Seasonal Vegetable w/Low Fat Dip (As Stated on the Menu)                  -Kidney Bean, Black Bean or Garbanzo Beans-daily  <b>Grain:</b> Whole Wheat Bread Available daily</p>	<p><b>Fruit Selection</b>                  -Fresh Apples &amp; Oranges-daily                  -Chilled Canned Fruit of the Day                  -100% Fruit Juice                  -Fresh Seasonal Fruit and Dried Fruit  <b>Sandwich Variety:</b> Turkey, Turkey Bologna, Turkey Ham, Cheese &amp; Peanut Butter-daily                  *Peanut Butter not available at Parkville</p>	<p><b>Milk</b>                  -1% Low Fat                  -1% Low Fat Chocolate &amp; Strawberry                  -Fat Free  <b>Available Daily:</b>                  Whole Wheat Bagel, Yogurt, Whole Grain Cereal, Tuna Salad Cup, Egg Salad Cup, Hard-Cooked Egg</p>		
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>WEEK 1</b></p>	Pizza Kernel Corn Celery Sticks Pears <b>**Kosher Pizza</b>	Popcorn Chicken w/ Dipping Sauce Carrots Pineapple <b>**Kosher Chicken Nuggets</b>	Spaghetti w/or without Marinara Sauce & Meatballs WW French Bread Green Beans Pepper Sticks Peaches	Seasoned Turkey, Kidney Beans, Shredded Cheese, Romaine Lettuce, Tomato, Tostitos Scoops Salsa Confetti Corn w/Black Beans Fresh Seasonal Fruit	Grilled Cheese Sandwich Green Beans Sliced Tomato Applesauce
<p><b>WEEK 2</b>  <i>Still Hungry???</i>  <i>A child can always select an additional portion of a steamed vegetable or canned fruit at no extra charge!!</i></p>	Pancakes w/ Sliced Peaches or Fresh Cut Seasonal Fruit, Scrambled Egg or Cheese Slice	Chicken Nuggets w/Dipping Sauce Steamed Brown Rice Pilaf Green Beans Baby Carrots Mixed Fruit <b>**Kosher Chicken Nuggets</b>	Hamburger or Cheeseburger on a Bun Sliced Carrots Applesauce <b>**Potato Pancake w/Cheese Slice &amp; Applesauce</b>	Pizza Mixed Vegetables Cucumber Slices Pears <b>**Kosher Pizza</b>	Baked Macaroni & Cheese Sliced Carrots Broccoli Florets Peaches
<p><b>WEEK 3</b></p>	Seasoned Turkey Kidney Beans, Shredded Cheese Romaine Lettuce, Tomato, Tostitos Scoops, Salsa Pineapple	Pizza Mixed Vegetables Sliced Cucumber Fresh Seasonal Fruit <b>**Kosher Pizza</b>	Chicken Nuggets w/Dipping Sauce Black Beans & Corn Sliced Green Peppers Peaches <b>**Kosher Chicken Nuggets</b>	Grilled Cheese Sandwich Carrots Sliced Tomato Mixed Fruits	Pasta w/Meat Sauce or Marinara Sauce WW French Bread Green Beans Pears
<p><b>WEEK 4</b>  <i>This menu is planned with Whole Wheat and Low-Fat Product.</i></p>	Chicken Nuggets w/Dipping Sauce Mixed Bean Salad Pears <b>**Kosher Chicken Nuggets</b>	Baked Rotini w/Melted Mozzarella & Marinara Sauce WW French Bread Broccoli & Cauliflower Florets Applesauce	Pizza Green Beans Mixed Fruits <b>**Kosher Pizza</b>	French Toast Sticks w/ Sliced Peaches or Fresh Cut Seasonal Fruit, Egg Omelet or Cheese Slice	Breaded Fish Portion Seasoned Roasted Potatoes Green Beans Pineapple

A School Lunch Contributes 1/3 of a child's Recommended Daily Allowance. Nutrient Standards for School Lunch provide a daily minimum averaged over a school week of: 664 calories, 10 grams of Protein, 238 mg of Calcium, 3.5 mg of Iron, 224 RE of Vitamin A, 15 mg of Vitamin C, less than 30% of total calories from fat, less than 10% of total calories from saturated fat.

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

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