



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

January ~ June 2012



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.

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

Grain: Whole Wheat Bread Available Daily

Fruit Selection
 -Fresh Apples & Oranges-Daily
 -Chilled Canned Fruit of the Day.
 -100% Fruit Juice (4 oz.)
 -Fresh Seasonal Fruit and Dried Fruit

Sandwich Variety: Turkey, Turkey Bologna, Turkey Ham, Cheese & Peanut Butter & Jelly-Daily
***Peanut Butter not available at Parkville**

Milk
 -1% Low Fat
 -1% Low Fat Chocolate & Strawberry
 -Fat Free

Available Daily:
 Whole Wheat Bagel, Yogurt, Whole Grain Cereal

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1  BEGINNING FEBRUARY 7 SAMPLE NEW & SOME 'NOT-SO-NEW' FOOD ITEMS	Cheese Pizza Steamed Broccoli Florets Pears **Kosher Pizza	Chicken Nuggets Dipping Sauce Baked Sweet Potato Steamed Mixed Vegetables Whole Wheat Roll Pineapple Chunks **Kosher Chicken Nuggets	Spaghetti Marinara Sauce or Meat Sauce Whole Wheat French Bread Steamed Green Beans Peaches	Seasoned Beef, Kidney Beans Shredded Cheese, Romaine Lettuce, Tomato, Tostitos Scoops & Salsa Confetti Corn w/Black Beans Mixed Fruits	Grilled Cheese Sandwich Steamed Carrots Cole Slaw Applesauce
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>	Pancakes w/ Sliced Peaches or Fresh Cut Seasonal Fruit Lettuce Leaf Hard Cooked Egg or Cheese Stick	Tangerine Chicken Steamed Brown Rice Steamed Carrots Pears **Kosher Chicken Nuggets	Potato Pierogies Italian Mixed Vegetables Cheese Stick Applesauce	Cheese Pizza Steamed Green Beans Pineapple **Kosher Pizza	Baked Macaroni & Cheese Steamed Carrots Whole Wheat Roll Mixed Fruits
WEEK 3 	Seasoned Fajita Chicken Strips Kidney Beans Shredded Cheese Romaine Lettuce Tomato, Tostitos Scoops Salsa Pineapple Chunks	Cheese Pizza Black Beans & Corn Applesauce **Kosher Pizza	Chicken Nuggets Dipping Sauce Mediterranean Mixed Vegetables Whole Wheat French Bread Peaches **Kosher Chicken Nuggets	Grilled Cheese Sandwich Steamed Carrots Mixed Fruits	Pasta Marinara Sauce or Meat Sauce Steamed Wax Beans Whole Wheat Roll Pears
WEEK 4 <i>This menu is planned with 100% Whole Wheat and Low-Fat Product.</i>	Chicken Nuggets Dipping Sauce Steamed Brown Rice Steamed Butternut Squash Whole Wheat French Bread Mixed Fruits **Kosher Chicken Nuggets	Baked Rotini w/Melted Mozzarella & Marinara Sauce Steamed Broccoli & Cauliflower Whole Wheat Roll Peaches	Cheese Pizza Steamed Green Beans Mixed Fruits **Kosher Pizza	Hamburger on WW Bun Sliced Tomato Cole Slaw Applesauce **Kosher Potato Pancake	Breaded Fish Portion Roasted L. I. Potatoes Steamed Carrots Pineapple Chunks

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

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast Purchase \$ 1.05 Daily Lunch Purchase \$ 2.05 20 Lunch Purchase \$ 41.00 Free/Reduced Lunch No Charge	** Kosher Offerings- Lunch Purchase (\$ 2.05) + Chicken Nuggets \$ 1.25 Pizza \$ 1.25 Potato Pancake \$.75	Milk (8 oz.) Juice (4 oz.) \$.40 Ice Cream \$ 1.00 Cookies Limit 2 per child \$.25/ea Packaged Snacks \$ 1.00 Drinks \$.60 - 1.25 Hot Fresh Baked Soft Pretzel \$ 1.00 Extra Condiments Package \$.15	Cycle Menu Schedule Jan. 3 through Jan. 27 Weeks 1-4 Jan. 30 through Mar. 2 Weeks 1-4 Mar. 5 through Mar. 30 Weeks 1-4 Apr. 2 through Apr. 27 Weeks 1-4 Apr. 30 through May 25 Weeks 1-4 May 29 through Jun. 23 Weeks 1-4
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