



ELMONT UNION FREE SCHOOL DISTRICT OCTOBER 2010



Appropriate condiments will be offered daily.

Menu subject to change without notice.

See reverse side for breakfast menu.

Monday	Tuesday	Wednesday	Thursday	Friday	Lunch Prices
<p>Available daily as a substitute for Main Dish—Peanut Butter and Jelly, ♥Cold Cut Sandwich, and American Cheese Sandwich. Child may request Peanut Butter without Jelly. Fresh fruit available daily. Milk choices are 1% white, 1% Chocolate, 1% Strawberry, and Skim.</p>					
<p>4/ Brunch for Lunch Cheese Omelet French Toast Sticks Hash Brown Potatoes Orange Juice Choice of Chilled Milk</p>	<p>5/ Hamburger on a Bun Oven Potatoes Choice of Fruit Choice of Chilled Milk</p>	<p>6/ Pizza Slice Tossed Salad with Choice of Dressing 100% Fruit Juice Choice of Chilled Milk</p>	<p>7/ All Beef Hot Dog on a Bun Sauerkraut Oven Baked Beans Choice of Fruit Choice of Chilled Milk</p>	<p>8/ Chicken Sticks Mixed Vegetables Fresh Fruit Choice of Chilled Milk Pretzel Rod</p>	<p>Student Lunch 1.25 Reduced Price Lunch .25 Student Price Breakfast .80 Student Reduced Price Breakfast .25 Adult Price Lunch (Tax Included) 3.22 Adult Price Breakfast (Tax Included) 2.01</p>
<p>11/ Columbus Day Schools Closed</p>	<p>12/ Popcorn Chicken French Bread and Butter Mixed Vegetables Choice of Fruit Choice of Chilled Milk</p>	<p>13/ Pizza Bagel Garden Salad with Choice of Dressing 100% Fruit Juice Choice of Chilled Milk</p>	<p>14/ Brunch for Lunch Cheese Omelet French Toast Sticks Oven Potatoes Orange Juice Choice of Chilled Milk</p>	<p>15/ Meatloaf with Mashed Potatoes Gravy Buttermilk Biscuit Choice of Fruit Choice of Chilled Milk</p>	<p>Student A La Carte Main Dish (SECOND ENTRÉE) Lunch .95 Main Dish (SECOND ENTRÉE) Breakfast .60 All Milk .55 Ice Cream .65 4 oz. yogurt .40 Sun chips, Baked Lays .30 4 oz. 100% Fruit Juice .60 8 oz. 100% Fruit Juice .50 Bottled Spring Water (16.9 oz.) .75 Bottled Spring Water (8 oz.) .65 Linden Cookies 2 pack .75 Home-baked Chocolate Chip Cookies .50 Dessert Cookie, .15</p>
<p>18/ Baked Macaroni and Cheese Mixed Vegetables Choice of Fruit Choice of Chilled Milk Pretzel Rod</p>	<p>19/ BBQ Chicken Nuggets Seasoned Rice Sweet Golden Corn Fruit Crisp Choice of Chilled Milk</p>	<p>20/ Real Pizza Slice Health Salad with Choice of Dressing 100% Fruit Juice Choice of Chilled Milk</p>	<p>21/ Pasta with Meatballs & Tomato Sauce Seasoned Green Beans Choice of Fruit Choice of Chilled Milk</p>	<p>22/ Chicken Nuggets French Bread & Butter Potato Salad Fruit Dessert Choice of Chilled Milk</p>	<p>Saltine Crackers/Graham Crackers .25 Animal Crackers .40 Kidzels .50 Goldfish/Dolphin Crackers .50 Pretzel Rod .10 Tossed Salad (10 oz. Bowl)-Shredded Lettuce, Carrots & Cucumbers w/Dressing Choice .65</p>
<p>25/ Philly Cheese Steak Hero California Mixed Vegetables Fruit Dessert Choice of Chilled Milk</p>	<p>26/ Chicken Nuggets Seasoned Rice Carrot Coins Fruit Dessert Choice of Chilled Milk</p>	<p>27/ Max Pizza Sticks with Tomato Sauce Garden Salad with Choice of Dressing 100% Fruit Juice Choice of Chilled Milk</p>	<p>28/ Cheese Sliders on Buns Oven Potatoes Choice of Fruit Choice of Chilled Milk</p>	<p>29/ Pasta with Tomato Sauce Mozzarella Sticks Seasoned Vegetables Fruit Dessert Choice of Chilled Milk</p>	<p>WE DO NOT SERVE FRIED FOODS OR PORK PRODUCTS!!!! Choose Sensibly! When it comes to snack, choose the ones with 7 grams or less of fat, 2 grams or less of Sat. Fat, 360 mg. or less of Sodium, and 15 grams or less of sugar. ♥denotes Turkey Product</p>

Visit our web site each month www.elmontschools.org to view our menu for the month.



Price increase effective October 1, 2010 for following items – Ice Cream - 65¢, Linden Cookies 2 pack - 75¢, Kidzels - 50¢, 16.9 oz Bottle Water - 75¢, and 8 oz. Bottle Water - 65¢.

