



ELMONT UNION FREE SCHOOL DISTRICT

SEPTEMBER 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
6/ Labor Day No School 	7/ Superintendent's Conference Day No School	8/ Pizza Slice Green Bean Salad Fruit Dessert Choice of Chilled Milk 	9/ Rosh Hashanah 	10/ Rosh Hashanah 	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
13/ Brunch for Lunch Cheese Omelet French Toast Hash Brown Potatoes Orange Juice Choice of Chilled Milk 	14/ Philly Cheese Steak on a Hero Mixed Vegetables Fruit Dessert Choice of Chilled Milk 	15/ Pizza Slice Tossed Salad with Choice of Dressing 100% Fruit Juice Choice of Chilled Milk 	16/ Chicken Nuggets Dipping Sauce Seasoned Rice w/ Vegetables Fruit Dessert Choice of Chilled Milk 	17/ Pasta with Meatballs and Tomato Sauce Garden Peas Choice of Fruit Choice of Chilled Milk 	Student A La Carte Main Dish (SECOND ENTRÉE) Lunch .95 Main Dish (SECOND ENTRÉE) Breakfast .60 All Milk .55 Ice Cream .60 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.) .50 Bottled Spring Water (8 oz.) .40 Linden Cookies 2 pack .60 Home-baked Chocolate Chip Cookies 2/.25 Dessert Cookie, .15 Saltine Crackers/Graham Crackers .25 Animal Crackers .40 Kidzels .40 Goldfish/Dolphin Crackers .50 Pretzel Rod .10 Gourmet Smart Puffs .80 Tossed Salad (10 oz. Bowl)-Shredded Lettuce, Carrots & Cucumbers w/Dressing Choice .65
20/ Hamburger on a Bun Oven Potatoes Fruit Cup Choice of Chilled Milk 	21/ Popcorn Chicken Seasoned Rice with Vegetables Choice of Fruit Choice of Chilled Milk 	22/ Real Slice Pizza Health Salad with Dressing 100% Fruit Juice Choice of Chilled Milk 	23/ Brunch for Lunch Cheese Omelet French Toast Hash Brown Potatoes Orange Slices Choice of Chilled Milk 	24/ Meatball Hero with Tomato Sauce Seasoned Green Beans Fruit Dessert Choice of Chilled Milk 	
27/ Sliders with Cheese on Buns Oven Potatoes Fruit Dessert Choice of Chilled Milk 	28/ Chicken Nuggets French Bread & Butter Sweet Golden Corn Choice of Fruit Choice of Chilled Milk 	29/ Pizza Slice Garden Salad with Choice of Dressing 100% Fruit Juice Choice of Chilled Milk 	30/ Meatloaf w/Gravy Mashed Potatoes French Bread & Butter Fruit Dessert Choice of Chilled Milk 		
<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><u>WE DO NOT SERVE FRIED FOODS OR PORK PRODUCTS!!!!</u> <u>Choose Sensibly!</u> 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.