



First to Fifth Grade:



Ms. Nancy Padrone, SNS, M.A., R.D.
 Director of Food Services
 Food Service Office: 471-1353
 District Switchboard: 471-1300

February 2010- Our breakfast and lunch service is available to all students. If you are eligible for the free/reduced program, apply now. You must apply each year for this benefit. If your family has experienced loss of income apply for this program now, you may be eligible.
 This year the meal prices are: **BREAKFAST:** all students: \$1.00 reduced price \$.25
LUNCH: Elementary \$1.90 Secondary \$2.00 reduced \$.25 Adult \$3.65 includes tax -

- ALA CARTE:**
 Animal Crackers \$.40
 Pretzel Rod \$.05
 Fresh Fruit \$.50
 Ch. Chip Cookie \$.30-1.00
 Juice \$.35-.75
 Ice Cream \$.75-1.25
 Frozen Juice Bar \$.40
 String Cheese \$.60
 All variety milk \$.40 skim, LF white ,skim, LF chocolate LF Strawberry

Sachem Food Services
"More than just lunch"
February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Turkey Burger with Bacon and cheese On bun Potato Wedges Peas and Carrots Pears	2 Meatball Hero With tomato sauce Mixed Bean Salad Strawberries	3 Taco Salad Crispy Tortilla filled with taco topped with L&T, cheddar cheese, salsa and sour cream Baked Cherry Cobbler	4 Brunch for Lunch Pancakes with butter & syrup Scrambled Eggs or Omelet , Sausage or Canadian Bacon Hash Browns Applesauce NO ALTERNATE	5 Whole Wheat Stuffed Crust Pizza Assorted Veggies w/dip Mixed Fruit
8 Chicken Nuggets or Popcorn Chicken With dipping sauce Steamed Rice Corn Assorted Fruit	9 Mozzarella Sticks Spaghetti with sauce Sliced Tomatoes with lettuce & dressing Pears	10 Roasted Chicken Mashed Potatoes with gravy Carrots Fresh Baked whole grain bread Stick Valentine Cookie Strawberries NO ALTERNATE	11 Mini- Burger Slider Sandwiches plain or with cheese Baked Oven Fries Peaches	12 Slice of Sachem's Own Pizza Mixed green Salad with Dressing Assorted Fruits
15 Schools Closed Mid- Winter Recess	16 Schools Closed Mid- Winter Recess	17 Schools Closed Mid- Winter Recess	18 Schools Closed Mid- Winter Recess	19 Schools Closed Mid- Winter Recess
22 Grilled Chicken Pattie on a Bun Tater tots Applesauce	23 Tomato Soup Grilled Cheese Sandwich Tossed Salad Assorted Fruit	24 Teriyaki Chicken Bites Wonderbites Fried Rice Green Beans Cherries with topping Fortune Cookie	25 "DELI DAY" Choice of Bacon & cheese, ham, turkey, bologna, salami, or salads on Roll Lettuce & Tomato Pears	26 Chicago Style Uno Pizza Antipasto Salad with dressing Fresh Fruit
March 1 Chicken Nuggets With dipping sauce Steamed Rice Broccoli Mixed Fruit cup	2 Turkey Burger with Bacon and cheese On bun Potato Wedges Corn Peaches	3 Homestyle Macaroni and Cheese Peas and Carrots Fresh Baked WW Bread stick Strawberry Cup	4 Nachos Grande Beef, cheese, L&T, salsa and sour cream over nacho chips Black Bean Casserole Churro Pears	5 Slice of Sachem's Own Pizza Mixed green Salad with Dressing Assorted Fruits



- MORE ALA CARTE**
 All variety Fruit Snacks \$.40-1.00
 Bag Snacks (chips, popcorn, etc.) \$.60-1.25
 Soft Hot Pretzel \$.50-1.25
 Tropicana Juice \$.60
 Second Entree with lunch \$1.50
SACHEM FOOD SERVICES MORE THAN JUST LUNCH!

- BREAKFAST CORNER: Cost \$1.00**
- Monday:** Omelet on Roll 2/1, Breakfast Taco 2/8, 2/22, 3/1, Assorted Fruits
- Tuesday:** Bagel with butter , peanut butter or cream cheese, Juice
- Wednesday:** Cinnamon Rolls, assorted fruit
- Thursday:** Hot Pretzel with cheese sauce, Fruit Juice
- Friday:** French Toast Sticks w/ syrup, Fruit Juice
- Offered daily - Assorted Cereals & yogurt or string cheese**
 Choice of milk served daily with breakfast and lunch: skim, LF white, LF Choc., LF Strawberry

- Alternates for February 1-26, 2010
CHOICE OF ADDITIONAL ENTREES:
DAILY: DELI SANDWICHES, PBJ, SALADS
Monday: Personal Pan Pizza
- Tuesday:** Tacos with meat, cheese, lettuce & tomato in tortilla
- Wednesday:** Hamburger on Bun
- Thursday:** Pasta & Meat Balls with Tomato Sauce
- Friday:** Tuna Salad Sandwich
- Smuckers uncrustables offered daily as sandwich choice