



# Kindergarten:



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