



Kindergarten:



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

November 2009- 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, be sure to submit your 2009-10 application to avoid any loss of benefits. 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"
November 2009



- 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!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Personal Pan Pizza Corn on the Cob Cucumber Salad Pears K- Pizza	3 Election Day Schools closed for students	4 Home style Macaroni and Cheese Peas and Carrots Fresh Baked WW Bread stick Strawberry Cup	5 Chicken Nuggets or Popcorn Chicken With dipping sauce Fresh Baked Biscuit Green Beans Blueberry cobbler	6 Chicago Uno Pizza Antipasto Salad with dressing Fresh Fruit
9 Personal Pan Pizza Steamed Rice Green beans Peaches	10 Brunch for Lunch Pancakes with butter & syrup Scrambled Eggs Sausage Hash Browns Sliced strawberries	11 Veteran's Day Schools Closed	12 Grilled Chicken Pattie with Bacon & cheese on a Bun Tater tots Carrot Coins Applesauce	13 Slice of Sachem's Own Pizza Mixed green Salad with Dressing Assorted Fruits
16 Meatball Hero Broccoli Oven baked Fries Blueberry cobbler	17 Chicken Nuggets With dipping sauce Steamed Rice Carrots Mixed Fruit cup	18 Nachos Grande Beef, cheese, L&T, salsa and sour cream over nacho chips Mexicali Corn Churro Peaches	19 Holiday Luncheon Roast Turkey With gravy Sweet Potatoes Green Beans Homestyle stuffing Strawberries Orange Sherbet NO ALTERNATE	20 Whole Wheat Stuffed Crust Pizza Assorted Veggies w/dip Fresh Fruit
23 "NEW ITEM" Mini Hamburger or Cheeseburger Sliders Oven Baked Fries Strawberry Cup	24 Mozzarella Sticks Spaghetti with sauce Cucumber Salad Peaches	25 Chicken Pattie on Bun Lettuce & Tomato Pears	26 Schools closed Thanksgiving Recess	27 Schools closed Thanksgiving Recess
30 Teriyaki Chicken Bites Wonderbites Fried Rice Green Beans Pineapple Tidbits Fortune Cookie	Dec 1 Tomato Soup Grilled Cheese Sandwich Tater Tots Assorted Fruit	2 Brunch for Lunch Pancakes with butter & syrup Scrambled Eggs Sausage Hash Browns Sliced strawberries	3 Pasta with Meatballs and tomato sauce French Bread Peaches K- Pasta	4 Slice of Sachem's Own Pizza Mixed green Salad with Dressing Assorted Fruits

- BREAKFAST CORNER: Cost \$1.00**
- Monday:** Breakfast Tac-Go, 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** Nov 2-Dec 4, 2009
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**
- Smucker's Uncrustables available daily as sandwich choice**