



First to Fifth Grade:



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

September 2010- Welcome Back to School!

NEW this YEAR!!- A great feature has been added to our E-Z Meal accounts. You may now make deposits to your child's E-Z Meal account online- go to: www.PayForIt.net, open an account and keep track of you child's meal account, make deposits, receive e-mail reminders, make life easier. 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 2010-11 application as soon as possible 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

Interested in a family friendly job- apply for a Food Service Employee position - call our office

- 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
 LF white ,skim,
 LF chocolate
 LF Strawberry

Sachem Food Services
"More than just lunch"
September 2010

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 6 Labor Day Schools Closed | 7 BBQ Day Hamburger or Cheeseburger on Bun, Let & Tom Potato Salad Munchies Kids Snack Whole Fruit Ice Juicee Peaches NO ALTERNATE | 8 Pizzeria Style Slice Mixed green Salad with Dressing Assorted Fruits NO ALTERNATE | 9 Schools Closed Rosh Hashanah | 10 Schools Closed Rosh Hashanah |
| 13 Chicken Nuggets or Popcorn Chicken With dipping sauce Steamed Rice Broccoli Mixed Fruit | 14 Pasta with Meatballs and Tomato Sauce Garlic Bread Tossed salad with Italian Dressing Pears Chocolate Chip Cookie | 15 "DELI DAY" Choice of Bacon & cheese, ham, turkey, bologna, salami, or salads on Roll Lettuce & Tomato Cucumber Salad Pears | 16 Brunch for Lunch Pancakes with butter & syrup Scrambled eggs Sausage or Canadian Bacon Hash Browns Apple sauce NO ALTERNATE | 17 **Pizzeria Style Slice Mixed green Salad with Dressing Assorted Fruits |
| 20 Mozzarella Sticks with sauce Spaghetti Cucumber Salad Peaches | 21 Mini Burgers plain or with cheese Oven Roasted Potatoes Pears | 22 Chicken Nuggets With dipping sauce Fresh Baked Biscuit Corn Mixed Fruit | 23 Roast Turkey and Mashed Potatoes With gravy Broccoli Whole Wheat Breadstick Applesauce Chocolate Sherbet | 24 Slice of Sachem's Own Pizza Assorted Veggies w/dip Fresh Fruit |
| 27 Oven Roasted Chicken With gravy Fresh Baked Biscuit Tossed Salad with dressing Mixed Fruit Assorted sherbet | 28 Tomato Soup Grilled Cheese Sandwich Tater Tots-Sweet & White combo Green Beans Peaches | 29 Nachos Grande Beef, cheese, L&T, salsa and sour cream over nacho chips Steamed Rice Pears | 30 Chicken Fajita Chicken strips with Lettuce, tomato, cheese, sour cream & salsa in soft tortilla Whole Fruit Ice Juicee Assorted Fruits | Oct. 1 Chicago Style Uno Pizza Antipasto Salad with dressing Fresh Fruit |



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

- BREAKFAST CORNER: Cost \$1.00**
- Monday:** Breakfast Frittata or 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 Sep. 13-Oct 1, 2010
CHOICE OF ADDITIONAL ENTREES:
DAILY: DELI SANDWICHES, PBJ, SALADS
Monday: Turkey Burger on Bun

Tuesday: Tacos-with meat, cheese, lettuce, tomato, salsa in tortilla

Wednesday: Personal Pan Pizza-

Thursday: Pasta & Meat Balls, with Tomato Sauce

Friday: Tuna Salad Sandwich

When available Smuckers Uncrustables will be offered as a sandwich choice.