



Kindergarten:



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 Personal Pan Pizza Lettuce & Tomato Cucumber Salad Pears	16 Brunch for Lunch Pancakes with butter & syrup Scrambled eggs Sausage 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 Pasta with Meatballs and tomato sauce Lettuce & tomato 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

Alternate Deli choices for Sept. 7-Oct 1, 2010
CHOICE OF ADDITIONAL ENTREES:
DAILY: DELI SANDWICHES, PBJ, SALADS

Monday: K- Deli Choice: Bologna

Tuesday: K- Deli Choice- Turkey

Wednesday: K- Deli Choice- Ham & Cheese

Thursday K- Deli choice- Salami

Friday: K- Deli Choice- Tuna Salad

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