

MARCH 2010 Lunch Menu

Bottled Water...\$1.00
 100% Snapple Juice...\$1.00
 Milk... .50
 Chips...\$1.00
 Fresh Fruit... .50
 Pumpkin Seeds... .50
 Bagel with Butter or Cream Cheese...\$1.00
 *BAGEL Not Available as A La Carte for K, 1st, or 2nd Grade, Only as a complete LUNCH for \$2.25
 SCRATCH Made Muffins...\$1.00
 Baked Cookie...50
Homemade
 Fresh Popcorn...75
 Whole Wheat Toasted

Pre-Paid Option

Is Available by making checks payable to:
 Tuckahoe Common School District
 Attn:
School Lunch Program

WELLNESS Corner

*Muffins have Whole Wheat flour added
 *No Trans-Fats in any Foods!
 *Nothing is Fried!
 *Chicken Breast is Used in all Salads.
 *We use Brown Rice!
 *Eggs are Pasteurized



*Barilla PLUS Pasta Is a MULTI Grain Pasta Fortified with Protein

BAGEL MELTS
 Are now Available for Breakfast!



Mon	Tue	Wed	Thu	Fri
1 Chef's Salad With Turkey & Swiss <i>Whole Grain</i> CHICKEN PATTY With HAM & SWISS	2 Tuna Salad Over Greens COLD CUT HERO With a side of Macaroni Salad	3 Greek Salad With Feta Cheese *Barilla PLUS Pasta With Sauce & Cheese Stick	4 Chicken Salad Over Greens <i>Chicken</i> QUESADILLA	5 Toasted PIZZA BAGEL With Fresh Vegetable
8 Chef's Salad With Turkey & Swiss Chicken & Cheddar Melt On French Bread	9 Tuna Salad Over Greens Hamburger or Cheeseburger With Cole Slaw	10 Greek Salad With Feta Cheese * Barilla PLUS Macaroni & Cheese	11 Chicken Salad Over Greens FRIED RICE With Chicken & Vegetables	12 Whole Wheat Cheese PIZZA With Fresh Vegetable
15 Chef's Salad With Turkey & Swiss CHICKEN PATTY With Tomato Sauce & Mozzarella Cheese	16 Tuna Salad Over Greens "Soup & Sandwich" Tomato Vegetable Soup With Cheese Sandwich	17 Greek Salad With Feta Cheese "Brunch For Lunch" Egg & Cheese Bagel With Roasted Potatoes	18 Chicken Salad Over Greens ENCHILADA Cheese, Chicken & Beans & Homemade Sauce	19 Whole Wheat French Bread Pizza With Fresh Vegetable
22 Chef's Salad With Turkey & Swiss <i>Whole Grain</i> CHICKEN PATTY Sandwich	23 Tuna Salad Over Greens TURKEY HOT DOG With a side of Baked Beans	24 Greek Salad With Feta Cheese *Barilla PLUS SPAGHETTI With Meat Sauce	25 Chicken Salad Over Greens CHINESE CHICKEN Over BROWN Rice	26 Whole Wheat Cheese PIZZA With Fresh Vegetable

AVAILABLE DAILY:
THUMANN'S
 Turkey Breast, Ham, Bologna Salami
FRESHLY MADE
 Sandwiches, Salads & Wraps!
 Peanut Butter & Jelly Sandwich
 American Cheese Sandwich

Please **RECYCLE** Bottled Water!

For Questions Or Comments-
 Contact: Matt Doris
 Food Service Director
 631-283-3550 x311

Tuckahoe Common School District

LUNCH PRICES:
 Type A Lunch... \$2.25
 Reduced Lunch... .25
 Milk Choices... .50
 Adult Lunch... \$3.10 plus Tax

*Menu Subject To Change Without Notice.

All Lunches Offer:
 Milk Choices of - Skim, 2%, Lo-Fat Chocolate, plus Fruit & Vegetable

WHOLE WHEAT BAGEL
 Is available for lunch with Cheese, or Peanut Butter

BREAKFAST

AVAILABLE 8:15 to 8:27

MENU SELECTION:

Whole Wheat Bagel, Whole Grain Cereal with FLAX & OATS

BREAKFAST includes: Milk, Fruit or Juice, Peanut Butter or Cheese Stick

Regular...\$1.25 - Reduced .25