

LUNCH PRICES:

Student Lunch Price \$2.50
 Adult Lunch \$3.50 + tax
 Milk \$0.35


Nutrition Message

Try Jumping Rope, believe it or not, this is a great way to get your exercise! In order to get started, be sure your rope is the right length. When you step in the center of the rope, the handles should just reach your armpits! Make sure you only lift your feet from the ground slightly and keep your speed up. In addition, make sure you eat enough protein (chicken, beef, beans, or fish) to maintain the energy levels needed to jump your best!




Blind Brook Elementary School June 2009

LUNCH ALTERNATES AVAILABLE DAILY:
 Whole Grain Bagels & Rolls
 Low Fat Yogurt
 Low Sugar Cereals
 Assorted Deli Sandwiches



ALL STUDENT LUNCHES INCLUDE A CHOICE OF:
 Skim Milk, 1% Milk, or Low Fat Chocolate Milk
 Fresh Fruit or Fruit Juice
 Steamed Vegetables or Fresh Vegetables




PREPAID LUNCHES AVAILABLE
 Pre-Paid lunches are available through the Cafeteria
20 Lunches for \$50.00



DAILY HEALTHIER CHOICE
Tuna, Egg or Turkey Salad
 Served over a bed of mixed greens with tomato wedges, cucumbers, and breadstick.
May be Served with American Cheese for Added Protein

QUESTIONS OR COMMENTS
 About the Food Service Program?
 Please call the School Lunch Office
 914 937 3600 ext 3053
Menu subject to change. Notice posted when possible.



Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey on a Roll with Lettuce & Tomato or Baked Chicken Nuggets Mashed Potatoes, Gravy & Dinner Roll Carrot Coins Choice of Fruit	2 Waffle Sticks or Cheese Omelet on a Bagel Baked Ham Tater Tots Choice of Fruit	3 Pasta with Tomato Sauce Mozzarella Sticks Garlic Bread Green Bean Salad Choice of Fruit	4 Macaroni & Cheese with French Bread or Hebrew National Hot Dog Baked Beans Sauerkraut Choice of Fruit	5 Pizza on Whole Wheat Crust Or Chicken Parmesan Pizza Garden Salad Choice of Fruit
8 Ham & Cheese Sandwich or Baked Chicken Nuggets Seasoned Rice Peas Choice of Fruit	2 Chicken Fajita Wrap or Nacho's with Meat, Cheese & Salsa Mexican Rice Mixed Vegetables Choice of Fruit	10 Pasta with Marinara Sauce or Meatball Wedge Cheese Toast Steamed Broccoli Choice of Fruit	11 Mini Hamburger or Cheeseburger Sliders with Tomato & Pickles French Fries Corn Choice of Fruit	12 Pizza on Whole Wheat Crust or Pizza Bagel Garden Salad Choice of Fruit
15 Tuna Wrap with Lettuce & Tomato or Baked Chicken Nuggets Seasoned Rice Oriental Vegetables Choice of Fruit	16 Philly Cheese Steak or Grilled Cheese Chicken Noodle Soup Corn Choice of Fruit	17 Pasta with Tomato Sauce or Baked Fish Sticks Garlic Bread Green Salad Choice of Fruit	18 Mozzarella Sticks With Tomato Sauce Meatballs Or Meatball Wedge Green Bean Salad Choice of Fruit	19 Pizza on Whole Wheat Crust or Pepperoni Roll Tomato Salad Choice of Fruit
22 Egg Salad on Whole Wheat or Baked Chicken Nuggets Mashed Potatoes Dinner Roll & Mixed Veggies Choice of Fruit	23 Twin Taco's with Meat, Cheese & Lettuce Or Chicken Fajita Mexican Rice Corn Choice of Fruit LUCKY FRUIT DAY!	24 No Lunch Served Early Dismissal	25 No Lunch Served Early Dismissal	26 No Lunch Served Early Dismissal

DID YOU KNOW
 All our Milk & Chicken Products are Antibiotic and Hormone free!
Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!
 We Serve 100% all Natural Yogurt, with No Artificial Ingredients.
 All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!
 Vegetables are always Fresh and Crisp!
 Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils



LUCKY FRUIT DAY
 If you find a sticker on your fruit, receive a special surprise!



HAVE A GREAT SUMMER!!!



**Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of food bourn illness, especially if you have certain medical conditions. +This item can be cooked to your liking.*