



LUNCH PRICES:

Type A Lunch Price \$1.35
 Reduced Lunch Price \$0.25
 Milk/Chocolate Milk \$0.35
 Elementary Breakfast \$0.80



**Safari Saying
 of the Month**

Grains and carbs are important for a balanced diet. Good grains to eat are whole wheat bread, grain cereals and brown rice and pasta.

**East Ramapo
 Elementary School
 November 2004**

**LUNCH ALTERNATES
 AVAILABLE DAILY:
 Hamburger, Hot Dog
 Dannon Yogurt
 Chef Salad
 Cold Cut Sandwich**



LUCKY TRAY DAY
 If your tray has a special mark on it, you will receive a special snack!

**ALL STUDENT LUNCHES
 INCLUDE A CHOICE OF:**
 Whole Milk, Skim Milk, 1% Milk, or Low Fat Chocolate Milk
 Apple, Orange or Fruit Juice
 Vegetable or Fruit

DAILY HEALTHIER CHOICE
 Celery & Carrot Sticks
 Tossed Salad

QUESTIONS OR COMMENTS?
 Questions or Comments about the Food Service Program?
 Please call our Food Service Office:
 (845)577-6580

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets Corn Niblets Choice of Fruit	2  ELECTION DAY SCHOOL CLOSED	3 Mozzarella Cheese Sticks w/Marinara Sauce Green Beans Choice of Fruit	4 Chicken Fajita In a Flour Tortilla Lettuce & Tomato Seasoned Rice Choice of Fruit Pudding	5 Cheese Pizza Veggie Sticks w/Dip Choice of Fruit
8 Chicken Fingers Carrot Coins Choice of Fruit	9 *Sausage & Egg On a Bun Potato Tots Choice of Fruit	10 Rotini Pasta w/ Beef Meat Sauce Broccoli Choice of Fruit	11 VETERAN'S DAY SCHOOL CLOSED	12 Cheese Pizza (Pepperoni Optional) Tossed Salad Choice of Fruit
15 Chicken Nuggets Green Peas Choice of Fruit	16 Double Taco Tuesday Spicy Taco Meat Shredded Cheese Lettuce & Salsa Seasoned Rice Choice of Fruit	17 Baked Macaroni & Cheese Green Beans Choice of Fruit	18 Grilled Cheese On White & Wheat Bread Sliced Carrots Choice of Fruit	19 Cheese Pizza Veggie Sticks w/Dip Choice of Fruit
22 Chicken Fingers Corn Niblets Choice of Fruit Fleetwood Margetts Thanksgiving Feast	23 1/2 Day No Lunch	24 *Nachos Grande With or Without Meat Cheese Sauce Seasoned Rice Choice of Fruit Summit & Colton Thanksgiving Feast	25 Have a Happy Thanksgiving! 	26 Hempstead, Elmwood Thanksgiving Feast
29 Chicken Nuggets Green Beans Choice of Fruit	30 Cheeseburger On a Bun Potato Wedges Choice of Fruit Lucky Tray Day	Thanksgiving Feast Roast Turkey Dinner Sliced Turkey W/Gravy Mashed Potatoes Broccoli Cranberry Sauce Diced Pineapple	* These Items Contain Pork	

BREAKFAST MENU

Monday
Assorted Cereal

Tuesday
Bagel w/ Butter

Wednesday
Muffin Variety

Thursday
Bagel w/ Butter

Friday
Assorted Cereal

Milk & Juice Served Daily



PREPAID LUNCHES

5 for \$6.25
 10 for \$12.50
 15 for \$18.75
 20 for \$25.00

PREPAID BREAKFAST

5 for \$4.00
 10 for \$8.00
 15 for 12.00
 20 for \$16.00

**ALTERNATES RUN
 ALL WEEK**
 Menu is subject to change.
 Notice will be posted when possible.