**LUNCH PRICES**

- Type A Lunch Price: $1.90
- Reduced Lunch Price: $0.25
- Milk/Chocolate Milk: $0.50
- 100% Juice: $0.45

---

### LUNCH PRICES

<table>
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### ALL STUDENT LUNCHES INCLUDE

- Whole Milk
- Skim Milk
- 1% Milk
- Low Fat Chocolate Milk
- 100% Juice or Fresh Fruit
- Bread and Low Fat Cheese Sticks

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### HEALTHY LUNCH ALTERNATES

- Cheese Sandwich
- On 100% Wheat Bread
- Peanut Butter & Jelly Sandwich
- On 100% Wheat Bread
- Yogurt Lunch with Low Fat Cheese & Bread Sticks

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### SENSIBLE SNACKS

- Pretzel Rods, Baked Chips
- Animal Crackers
- Whole Grain Cookies
- Dolphin Crackers
- Low-Fat Yogurt
- Quaker Rice Cakes

---

### DAILY BREAKFAST MENU

- Breakfast includes milk, fruit cup or juice.
- Fat<=7 grams or less
- Sat Fat=<2 grams or less
- Sodium=<360mg or less
- Sugar=<15 grams or less

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
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<tbody>
<tr>
<td>Monday</td>
<td>French Toast, Mini Wheat Bagels</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Pancakes</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Egg Patty w/ out Cheese on a Wheat Bun</td>
</tr>
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### Safari Stress Free School Year

School can get very busy at certain points during the year, but don’t get overwhelmed. Did you know that eating certain foods can actually help reduce your stress level? It’s true, try: fresh veggie sticks with low fat dip, yogurt with fresh fruit, chicken noodle soup or even baked fish sticks.

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### Prepaid Lunch Tickets

- Secondary 20 Day Lunch: $44.00
- Primary / Inter 20 Day Lunch: $37.00
- All Schools 20 Day Breakfast: $24.00
- Secondary Half Year Lunch: $175.50
- Primary / Inter Half Year Lunch: $148.00
- All Schools Half Year Breakfast: $108.00
- Secondary Full Year Lunch: $351.00
- Primary / Inter Full Year Lunch: $296.00
- All Schools Full Year Breakfast: $216.00

---

### Safari of the Month

- Apple

---

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<tr>
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<tbody>
<tr>
<td>Monday</td>
<td>Chef Salad (P) Bread Sticks on the side or Chicken Nuggets Fluffy Brown Rice Green Beans Apples</td>
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<tr>
<td>Tuesday</td>
<td>Mini Whole Grain Bagel Lunch or Turkey Hot dog Baked Tater Tots Chilled Pears</td>
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<td>Wednesday</td>
<td>Turkey &amp; Cheese on a Wheat Wrap or *Burger or *Cheese Burger Celery Sticks Dipping Ranch Dressing Chilled Peaches</td>
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<td>Thursday</td>
<td>Yogurt Lunch Bread Sticks or Twin Soft Beef Tacos Salsa on the side Shredded Cheese Corn Fresh Apples</td>
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<tr>
<td>Friday</td>
<td>Chef Salad (P) Bread Sticks on the side or Cheese Square Pizza Carrot Sticks Chilled Peaches</td>
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### Allegro School

- Huntington
- Primary Schools
- October 2010

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### Menu Options

- Chef Salad (P)
- Bread Sticks on the side
- Cheese Square Pizza
- Celery Sticks
- Apple Sauce

---

### Sensible Snacks

- Pretzel Rods, Baked Chips
- Animal Crackers
- Whole Grain Cookies
- Dolphin Crackers
- Low-Fat Yogurt
- Quaker Rice Cakes

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### Contact Information

- Food Service Director
  - Oscar Girald at (631) 673—2107