

**LUNCH PRICES:**

Breakfast \$1.00  
 Lunch \$1.50  
 Red. Breakfast/Lunch Price \$0.25  
 Milk/Chocolate Milk \$0.35  
 Adult Lunch \$3.00 + tax



It's football season, grab a football and a friend and head out for a catch! Even if you don't have enough people for a whole game, you can still have fun tossing the football around. Did you know that the game has been around since the early 1800's? Imagine what a 200 year old football looks like today!

**Roosevelt UFSD  
 January 2010  
 Elementary Schools**

**ALL STUDENT LUNCHES INCLUDE:**  
 Choice of 1% Milk, Low Fat Chocolate Milk  
Vegetable or Salad  
Fresh Fruit or 100% Juice

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Whole Wheat Pizza Square Tossed Salad Chilled Fruit cup Choice Milk
4	5	6	7	8
Hamburger, Cheeseburger on Whole Wheat Roll Beans Chilled Pears Choice Milk	Oven Baked BBQ Chicken Rice Peas Chilled Fruit Cup Choice Milk	Meatball Hero Tossed Salad Chilled Fruit Cup Choice Milk	Chicken Patty on a Whole Wheat Bun Steamed Corn Chilled Peaches Choice Milk	Whole Wheat Pizza Square Tossed Salad Chilled Fruit cup Choice Milk
11	12	13	14	15
Hamburger, Cheeseburger on Whole Wheat Roll Carrots Chilled Pears Choice Milk	Oven Baked Chicken Nuggets Rice Green Beans Chilled Fruit Cup Choice Milk	Roast Turkey w/ Gravy Mashed Sweet Potatoes Cranberry Sauce Chilled Fruit Cup Choice Milk	Spaghetti and with Meat Sauce Steamed Vegetables Chilled Fruit Choice Milk	Whole Wheat Pizza Square Tossed Salad Chilled Fruit Cup Choice Milk
18	19	20	21	22
<b>Dr. Martin Luther King Jr. Day</b>  <b>School Closed</b>	Rainbow Grilled Mozzarella and American Cheese Whole Wheat Bread Corn Kernels Chilled Fruit	Chicken Nuggets Rice Mixed Veggies Chilled Fruit Cup Low Fat Milk	Chicken Patty on a Whole Wheat Bun Steamed Corn Chilled Peaches Choice Milk	Whole Wheat Pizza Square Tossed Salad Chilled Fruit cup Choice Milk
25	26	27	28	29
Hamburger, Cheeseburger on Whole Wheat Roll Beans Chilled Fruit Cup Choice Milk	Baked Pasta w/ Marinara Sauce and Cheese Steamed Veggies Chilled Fruit Milk Choice	Sloppy Joe on a Whole Wheat Bun Veggie of the Day Chilled Fruit Cup Choice Milk	BBQ Chicken Mashed potatoes Mixed Veggies Chilled Fruit Cup Choice Milk	Whole Wheat Pizza Square Tossed Salad Chilled Fruit cup Choice Milk



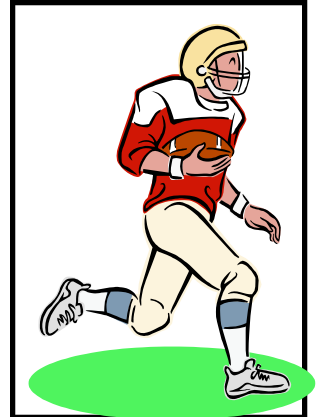
**LUNCH ALTERNATES:**  
 Bagel w/Butter & American Cheese  
 Low Fat Yogurt & Veggie Sticks  
*Above Lunches include Vegetable, Fruit or Fruit Juice and Choice Milk*  
**DAILY OFFERINGS:**  
 Deli Turkey & Cheese Sandwich  
 Turkey Ham Cheese Sandwich  
 Tuna Salad Platter or Sandwich



**QUESTIONS OR COMMENTS**  
 Please call our Food Service Director at 516-771- 6320

*\*Consuming raw or undercooked meats, fish, shellfish or fresh shell eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.*

**Sensible Snacks**  
 Fresh Fruit  
 Baked Chips  
 Pretzel Rods  
 Hot Soft Pretzels  
 Baked Chips  
 Bagel Chips  
 Organic Animal Crackers  
 Quaker Rice Cakes  
Fat=7 grams or less  
Sat Fat=2 grams or less  
Sodium=360mg or less  
Sugar=15 grams or less



Menu is subject to change