

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

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



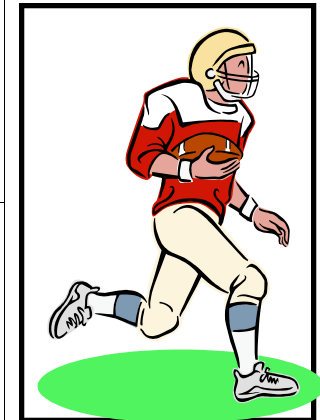
QUESTIONS OR COMMENTS
 Please call our Food Service Director at 516-771- 6320

**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.*

Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Cold Cereal Buttered Toast Chilled Fruit Choice Milk	Buttered Bagel Chilled Juice or Chilled Fruit Yogurt Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk	French Toast Sticks Syrup Chilled Fruit Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk
11	12	13	14	15
Cold Cereal Buttered Toast Chilled Fruit Choice Milk	French Toast Sticks Syrup Chilled Fruit Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk	Buttered Bagel Chilled Juice or Chilled Fruit Yogurt Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk
18	19	20	21	22
Dr. Martin Luther King Jr. Day School Closed	Buttered Bagel Chilled Juice or Chilled Fruit Yogurt Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk	French Toast Sticks Syrup Chilled Fruit Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk
25	26	27	28	29
Cold Cereal Buttered Toast Chilled Fruit Choice Milk	French Toast Sticks Syrup Chilled Fruit Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk	Buttered Bagel Chilled Juice or Chilled Fruit Yogurt Choice Milk	Cold Cereal Buttered Toast Chilled Fruit Choice Milk



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