

SANDPIPER CAFE'

Alternate Choices

Turkey, Tuna or
Sunbutter & Jelly

Breakfast \$1.25
Lunch \$2.60
Milk .40
Adult \$4.50



T.FAT IS TOTAL FAT

| Monday | Tuesday | Wednesday | Thursday | Friday | Nutrients |
|---|---|---|--|---|--|
| ³ GREEN EGGS AND HAM HASHBROWNS FRESH SALAD BAR COLD MILK VARIETY | ⁴ CHICKEN NOODLE SOUP HALF TURKEY CLUB FRESH SALAD BAR COLD MILK VARIETY | ⁵ STAFF NAMED LUNCH DAY <u>MACDOUGALL</u> <u>MCMUFFIN</u> (EGG SANDWICH) FRESH SALAD BAR COLD MILK VARIETY | ⁶ HOTDOG (TURKEY) SWEET POTATO KRINKLES FRESH SALAD BAR COLD MILK VARIETY AA GRAVY BROWN | ⁷ PAZZO(DIPPING PIZZA) SWEET ORANGE SMILES FRESH SALAD BAR COLD MILK VARIETY | Cal 608 T.Fat 19.44 G S.Fat 5.3 G Chol 88.4 Mg Sodm 1255.19 Mg |
| ¹⁰ GRILLED CHEESE TOMATO SOUP FRESH SALAD BAR COLD MILK VARIETY | ¹¹ ITALIAN PASTA BAKE BANANA BREAD SQUARES FRESH SALAD BAR COLD MILK VARIETY | ¹² CHICKEN NUGGETS PASTA SALAD WARM CARROTS FRESH SALAD BAR COLD MILK VARIETY | ¹³ CHICKEN TERIYAKI RICE BOWL SLICED PEARS FRESH SALAD BAR COLD MILK VARIETY | ¹⁴ PIZZA VARIETY CHILLED PEACHES FRESH SALAD BAR COLD MILK VARIETY | Cal 645 T.Fat 20.51 G S.Fat 5.5 G Chol 55.4 Mg Sodm 1173.31 Mg Carb 84.65 G |
| ¹⁷ FISH STICKS SWEET POTATO FRIES SNICKERDOODLES FRESH SALAD BAR COLD MILK VARIETY | ¹⁸ HEARTY BEEF STEW IN A BREAD BOWL FRESH SALAD BAR COLD MILK VARIETY RICE PILAF | ¹⁹ SLOPPY JOE POTATO WEDGES LOCAL CRISP APPLE FRESH SALAD BAR COLD MILK VARIETY | ²⁰ CHICKEN PARMESAN w/ PASTA FRESH SALAD BAR COLD MILK VARIETY | ²¹ PIZZA VARIETY CHILLED FRUIT COCKTAIL FRESH SALAD BAR COLD MILK VARIETY | Cal 644 T.Fat 21.00 G S.Fat 5.6 G Chol 44.1 Mg Sodm 1086.80 Mg |
| ²⁴ TACO BAR SEASONED RICE/CORN FRESH SALAD BAR COLD MILK VARIETY | ²⁵ MACARONI N CHEESE MEATBALLS WW WARM BREADSTICK FRESH MAINE APPLE FRESH SALAD BAR COLD MILK VARIETY | ²⁶ HOT CHICKEN & GRAVY MASHED POTATOES CORN BREAD FRESH SALAD BAR COLD MILK VARIETY | ²⁷ CHICKEN CORN DOG BAKED BEANS HOMEMADE COLESLAW FRESH SALAD BAR COLD MILK VARIETY | ²⁸ PIZZA VARIETY FRESH MAINE APPLE FRESH SALAD BAR COLD MILK VARIETY | Cal 633 T.Fat 21.79 G S.Fat 6.9 G Chol 55.5 Mg Sodm 1125.98 Mg Carb 80.90 G |
| ³¹ AMERICAN CHOP SUEY WARM WW DINNER ROLL GREEN BEANS FRESH SALAD BAR COLD MILK VARIETY | | All breadings and bread products; are whole grain. | BREAKFAST SERVED DAILY FOR ALL STUDENTS | CHECK US OUT ON FACEBOOK AT KITTERY SCHOOL NUTRITION!! | Cal 631 T.Fat 20.80 G S.Fat 5.6 G Chol 65.8 Mg Sodm 1175.59 Mg |