

# SHARKS CAFE'



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

**\*\*VISIT OUR NEW DELI BAR  
FOR ALTERNATE CHOICES!\*\***

T.FAT IS TOTAL FAT

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>3 GREEN EGGS AND HAM HASHBROWNS FRESH SALAD BAR COLD MILK VARIETY</p>	<p>4 CHICKEN NOODLE SOUP HALF TURKEY CLUB FRESH SALAD BAR COLD MILK VARIETY</p>	<p>5 STAFF NAMED LUNCH DAY <b>MIRANDA "RIN" CHICKEN</b> (MANDARIN ORANGE CHICKEN) FRESH SALAD BAR COLD MILK VARIETY</p> <p>Thanks Mrs. Casey!</p>	<p>6 BBQ CHICKEN BROC/RICE CASSEROLE CORN BREAD FRESH SALAD BAR COLD MILK VARIETY</p>	<p>7 PAZZO(DIPPING PIZZA) SWEET ORANGE SMILES FRESH SALAD BAR COLD MILK VARIETY</p>	<p><b>Cal 607</b> <b>T.Fat 19.23 G</b> <b>S.Fat 5.2 G</b> <b>Chol 94.4 Mg</b> <b>Sodm 1227.31 Mg</b></p>
<p>10 GRILLED CHEESE TOMATO SOUP FRESH SALAD BAR COLD MILK VARIETY</p>	<p>11 ITALIAN PASTA BAKE BANANA BREAD SQUARES FRESH SALAD BAR COLD MILK VARIETY</p>	<p>12 CHICKEN NUGGETS PASTA SALAD WARM CARROTS FRESH SALAD BAR COLD MILK VARIETY</p>	<p>13 CHICKEN TERIYAKI RICE BOWL SLICED PEARS FRESH SALAD BAR COLD MILK VARIETY</p>	<p>14 PIZZA VARIETY CHILLED PEACHES FRESH SALAD BAR COLD MILK VARIETY</p>	<p><b>Cal 645</b> <b>T.Fat 20.51 G</b> <b>S.Fat 5.5 G</b> <b>Chol 55.4 Mg</b> <b>Sodm 1173.31 Mg</b></p>
<p>17 FISH STICKS SWEET POTATO FRIES SNICKERDOODLES FRESH SALAD BAR COLD MILK VARIETY</p>	<p>18 HEARTY BEEF STEW IN A BREAD BOWL FRESH SALAD BAR COLD MILK VARIETY RICE PILAF</p>	<p>19 SLOPPY JOE POTATO WEDGES LOCAL CRISP APPLE FRESH SALAD BAR COLD MILK VARIETY</p>	<p>20 CHICKEN PARMESAN w/ PASTA FRESH SALAD BAR COLD MILK VARIETY</p>	<p>21 PIZZA VARIETY CHILLED FRUIT COCKTAIL FRESH SALAD BAR COLD MILK VARIETY</p>	<p><b>Cal 644</b> <b>T.Fat 21.00 G</b> <b>S.Fat 5.6 G</b> <b>Chol 44.1 Mg</b> <b>Sodm 1086.80 Mg</b></p>
<p>24 TACO BAR SEASONED RICE/CORN FRESH SALAD BAR COLD MILK VARIETY</p>	<p>25 MACARONI N CHEESE MEATBALLS WW WARM BREADSTICK FRESH MAINE APPLE FRESH SALAD BAR COLD MILK VARIETY</p>	<p>26 HOT CHICKEN &amp; GRAVY MASHED POTATOES CORN BREAD FRESH SALAD BAR COLD MILK VARIETY</p>	<p>27 CHICKEN CORN DOG BAKED BEANS HOMEMADE COLESLAW FRESH SALAD BAR COLD MILK VARIETY</p>	<p>28 PIZZA VARIETY FRESH MAINE APPLE FRESH SALAD BAR COLD MILK VARIETY</p>	<p><b>Cal 633</b> <b>T.Fat 21.79 G</b> <b>S.Fat 6.9 G</b> <b>Chol 55.5 Mg</b> <b>Sodm 1125.98 Mg</b></p>
<p>31 AMERICAN CHOP SUEY WARM WW DINNER ROLL GREEN BEANS FRESH SALAD BAR COLD MILK VARIETY</p>		<p><b>All breading and bread products; are whole grain.</b></p>	<p>BREAKFAST SERVED DAILY FOR ALL STUDENTS</p>	<p><b>CHECK US OUT ON FACEBOOK AT KITTERY SCHOOL NUTRITION!!</b></p>	<p><b>Cal 631</b> <b>T.Fat 20.80 G</b> <b>S.Fat 5.6 G</b> <b>Chol 65.8 Mg</b> <b>Sodm 1175.59 Mg</b></p>