



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	*** <i>Monthly Special & Full Salad Bar will begin Monday, Sept. 12th.</i>		1 SCHOOLS CLOSED	2 SCHOOLS CLOSED
<i>Welcome Back!</i>		<i>Welcome Back!</i>		<i>Welcome Back!</i>
5 SCHOOLS CLOSED	6 HALF DAY NO LUNCH SERVED	7 HALF DAY NO LUNCH SERVED	8 Chicken Bites Oven-Baked All White Meat Chicken Oven-Baked Sweet Potatoes Sautéed Broccoli Fresh Fruit	9 WW Pita Pizza w. Marinara & Mozzarella Carrot & Celery Sticks Cucumber Rounds Fresh Fruit
12 WG Pasta w. Pesto * -OR- Marinara Sauce w. Mozzarella Buttered Peas Fresh Fruit *NUT-FREE	13 Grilled Cheese -OR- Grilled Cheese w. Ham Oven-Baked Sweet Potatoes Tomato Slices Fresh Fruit	14 Chicken Sandwich Oven-Baked All White Meat Chicken on WW Roll w. Lettuce, Tomato & Roasted Red Peppers Fresh Fruit	15 WW Cheese Quesadilla Black Beans Buttered Corn Tomato Salsa Fresh Fruit	16 From the Ranch... Hamburger -OR- Cheeseburger on WW bun w. all the trimmings Sautéed Mushrooms & Onions Fresh Oven-Baked Potatoes Fresh Fruit GF w/o Bun
19 Chicken Bites Oven-Baked All White Meat Chicken Oven-Baked Sweet Potatoes Sautéed Broccoli Fresh Fruit	20 Salad Bar Day!!! CHOOSE YOUR FAVORITES Greens, Veggies, Cold Cuts, Cheeses, & other salad bar fixings! WG Roll Fresh Fruit	21 BBQ Chicken Sandwich Chopped Chicken in our own sweet & tangy BBQ sauce on a soft WW roll Baked Beans Buttered Corn Apple Crisp	22 Mac n' Cheese WG Pasta & Cheddar Buttered Peas Fresh Fruit	23 Chicken Teriyaki - GF Diced Chicken in our own Teriyaki Sauce Brown Rice Steamed Green Beans Steamed Edamame Fresh Fruit
26 Chicken Parmigiana Sandwich Oven-Baked All White Meat Chicken on WW Roll w. Marinara & Mozzarella Sautéed Broccoli Fresh Fruit	27 Pasta w. Pink Sauce WG Pasta w. Creamy Tomato Marinara w. Fresh Basil, Grated Parmesan & Mozzarella Stick Buttered Peas Fresh Fruit	28 From the Ranch to you... Beef Taco - GF Soft WW Tortilla -OR- Corn Tortilla - GF Brown Rice, Romaine Lettuce, Black Beans, Salsa, Cheese Red Pepper Strips Fresh Fruit	29 BREAKFAST FOR LUNCH! Egg or Egg & Cheese on Roll Tomato Slices Sautéed Spinach Fresh Oven-Baked Potatoes Fresh Fruit GF w/o Roll	30 Meatball Hero Meatballs & Marinara on WG Hero Sautéed Green Beans Fresh Fruit

ALTERNATIVE ENTREES

- WHOLE GRAIN PEANUT BUTTER & JELLY SANDWICH
- SALAD BAR
A COMPLETE LUNCH!
VEGGIES, PROTEIN, FRUIT & GRAIN
OR A PLACE TO VISIT FOR VEGGIE & FRUIT SIDES
- CHOICE OF ORGANIC, GLUTEN-FREE DRESSINGS:
VINAIGRETTE, RANCH, CAESAR

Monthly Special
WG Pasta w. Pesto & Chickpeas
Vegetable of the Day
Fruit of the Day

SANDWICH OR WRAP OF THE DAY
(ALL W/ FRUIT & VEGGIE OF THE DAY)

- MONDAY**
TUNA SALAD ON WHOLE WHEAT
- TUESDAY**
EGG SALAD ON WHOLE WHEAT
- WEDNESDAY**
YOGURT LUNCH
YOGURT, GRANOLA* & FRUIT
*NUT-FREE
- THURSDAY**
CHICKEN CAESAR SALAD
DICED CHICKEN, ROMAINE, PARMESAN & WG CROUTONS
- FRIDAY**
TURKEY ON WHOLE WHEAT

COMPLETE HOT ENTRÉE—STUDENT

\$3.25
INCLUDES: ENTRÉE, VEGETABLE/FRUIT & 1% OR SKIM MILK, FRESH FRUIT OR 100% FRUIT JUICE

Disclaimer: USDA is an equal opportunity provider and employer.

A LA CARTE BEVERAGES:

- HONEST KID'S® APPLÉY EVERAFTER (\$1.50)
- POLAND SPRING® WATER (LG \$1.25/SM \$.75)

GF- GLUTEN FREE
INGREDIENTS/OPTIONS

SERVING NO HFCS (HIGH FRUCTOSE CORN SYRUP)
TOMATO PRODUCTS— PIZZA SAUCE, KETCHUP, SALSA

QUESTIONS? CALL YOUR FOOD SERVICE DEPT. 277.7090

While The Food Service department makes every effort to disclose to parents known allergens and ingredients that may be harmful to some children, the nature of the National School Lunch Program and our reliance on certain USDA provisions can sometimes render this effort ineffective by the presence of undisclosed or misnamed ingredients.

September 2016

**Did you know...?
LUNCH IS A MEAL!**

**KIDS WHO TAKE SIDES,
EATING FRUITS & VEGGIES WITH
THEIR ENTRÉE, ARE MORE SATISFIED
&
HAVE MORE ENERGY
TO GET THROUGH A BUSY DAY!**

WHAT IS A COMPLETE LUNCH?

TAKE AT LEAST 3 OUT OF 5!

**A COMPLETE LUNCH CONSISTS OF
AT LEAST 3 OF THE 5 COMPONENTS OFFERED.
ONE MUST BE A VEGETABLE OR FRUIT/FRUIT JUICE.**

- 1. MEAT / MEAL ALTERNATE**
- 2. VEGETABLE**
- 3. FRUIT OR 100% FRUIT JUICE**
- 4. GRAIN**
- 5. MILK**

**CHOICES!!!
THERE ARE
MULTIPLE MEAL OPTIONS
EVERY DAY!!**

***So much of what we make is
Made From Scratch...***

***Want to know what we make
from scratch...?***

***Look for the
orange italics on the menu!***

***All of our
Breads, Wraps, Rolls,
Pizza Crusts & Pastas
are
Whole Wheat (WW)
or Whole Grain (WG)***

From the Ranch...

***Natural, Antibiotic/Hormone
Free Local, NY State Beef
is used for all
Burgers, Beef Tacos
& Beef Chili.***

CONTACT YOUR PSA/PSO TO LEARN ABOUT YOUR SCHOOL'S NUTRITION COMMITTEE

Parents can always see what we're cooking to help your child plan their lunch.

Our elementary menus are posted online @

http://www.northshore.k12.ny.us/Menus/Elementary_lunch-menu.htm

We use a Point of Sale system so students need only know their 4-digit PIN to buy lunch at school. Via *MyPaymentsPlus.com* you can see what your child's balance is, fund their lunch account and even see what they are eating.

Snacks Sold in Elementary Cafeterias

Fresh Fruit ~ Raisins ~ Heartzels ~ Pretzel Sticks ~ Sun Chips ~ Sun Chip Mix ~ Food Should Taste Good - Multigrain Chips (GF)

Back to Nature Chocolate Chunk Cookies ~ Annie's Bunny Grahams ~ Home Free Vanilla or Chocolate Chip Cookies (GF) ~ Chobani Greek Yogurt (4 oz)
100% Fruit Juice Ice ~ Milk, as a la carte beverage ~ 100% Juice, Apple or Orange (4 oz) ~ Water, Poland Spring 8oz or 16oz ~ Honest Kids, Appley Everafter