



ELEMENTARY SCHOOL MENU - OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>SCHOOLS CLOSED</p>	<p>4</p> <p>SCHOOLS CLOSED</p>	<p>5</p> <p>Baked Ziti WG Pasta w. Marinara, Mozzarella & Ricotta Sautéed Broccoli Fresh Fruit LIMITED SALAD BAR TODAY</p>	<p>6</p> <p>Chicken Bites Oven-Baked All White Meat Chicken WG Roll Oven-Baked Sweet Potatoes Fresh Fruit</p>	<p>7</p> <p>WW Pita Pizza w. Marinara & Mozzarella Carrot & Celery Sticks Cucumber Rounds Fresh Fruit</p>
<p>10</p> <p>SCHOOLS CLOSED</p>	<p>11</p> <p>Chicken Sandwich Oven-Baked All White Meat Chicken on WW Roll w. Lettuce, Tomato & Roasted Red Peppers Fresh Fruit</p>	<p>12</p> <p>SCHOOLS CLOSED</p>	<p>13</p> <p>Pasta w. Pink Sauce WG Pasta w. Creamy Tomato Marinara w. Fresh Basil, Parmesan & Shredded Mozzarella Caesar Salad Fresh Fruit</p>	<p>14</p> <p>Chicken & Black Bean or Black Bean Burrito Soft WW Tortilla Brown Rice, Black Beans, Salsa & Cheese Corn, Lettuce, Tomatoes Fresh Fruit GF w/o tortilla</p>
<p>17</p> <p>Meatball Hero Meatballs & Marinara on WG Hero Sautéed Green Beans Fresh Fruit</p>	<p>18</p> <p>Mac n' Cheese WG Pasta & Cheddar Sautéed Broccoli Fresh Fruit</p>	<p>19</p> <p>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</p>	<p>20</p> <p>WW Cheese Quesadilla Black Beans Buttered Corn Tomato Salsa Fresh Fruit</p>	<p>21</p> <p>BBQ Chicken Sandwich Chopped Chicken in our own sweet & tangy BBQ sauce on a soft WW roll Baked Beans Buttered Corn Apple Crisp</p>
<p>24</p> <p>Chicken Bites Oven-Baked All White Meat Chicken WG Roll Oven-Baked Sweet Potatoes Fresh Fruit</p>	<p>25</p> <p>WG Pasta w. Pesto * -OR- Marinara Sauce w. Shredded Mozzarella Buttered Peas Fresh Fruit *NUT-FREE</p>	<p>26</p> <p>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</p>	<p>27</p> <p>SCHOOLS CLOSED</p>	<p>28</p> <p>Chicken Teriyaki - GF Diced Chicken in our own Teriyaki Sauce Brown Rice Steamed Broccoli Steamed Edamame Fresh Fruit</p>
<p>31</p> <p>Chicken Parmigiana Sandwich Oven-Baked All White Meat Chicken on WW Roll w. Marinara & Mozzarella Sautéed Spinach Fresh Fruit</p>				<p>29</p> <p>SCHOOLS CLOSED</p>

New prices as of October 5th

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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
North Shore Bistro Box
Hard Boiled Egg, Cheese Stick
Carrot & Celery Sticks, WG Roll
Sliced Fruit of the Day

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

MONDAY
TUNA SALAD ON WHOLE WHEAT

TUESDAY
TURKEY ON WHOLE WHEAT

WEDNESDAY
EGG SALAD ON WHOLE WHEAT

THURSDAY
CHICKEN CAESAR SALAD
DICED CHICKEN, ROMAINE, PARMESAN & WG CROUTONS

FRIDAY
YOGURT LUNCH
YOGURT, GRANOLA* & FRUIT
***NUT-FREE**

COMPLETE HOT ENTRÉE—STUDENT

\$3.50
INCLUDES: ENTRÉE, VEGETABLE/FRUIT & 1% OR SKIM MILK, FRESH FRUIT OR 100% FRUIT JUICE

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

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.

GF- GLUTEN FREE
INGREDIENTS/OPTIONS

QUESTIONS? CALL US @ 277.7090

October 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!**

***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!***

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!!**

From the Ranch...

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

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

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