



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Soup's On!</b></p> 	<p><b>Soups of the Week</b> 1ST—2ND CHICKEN NOODLE 5TH—9TH TOMATO SOUP 12TH—16TH CHICKEN &amp; RICE 19TH - 23RD MINESTRONE</p>		<p>1 <b>WG Pasta w. Pesto *</b> -OR- <b>Marinara Sauce w. Cup of Soup</b> Mozzarella Carrot &amp; Celery Sticks Fresh Fruit  *NUT-FREE</p>	<p>2 <b>Chicken Sandwich</b> Oven-Baked All White Meat Chicken on WW Roll w. Lettuce &amp; Tomato  Oven-Baked Potatoes  Fresh Fruit</p>
<p>5 <b>Pita Pizza</b> w. Marinara &amp; Mozzarella Sautéed Green Beans Fresh Fruit</p>	<p>6 <b>Salad Bar Day!!</b> w. Cup of Soup! <b>CHOOSE YOUR FAVES</b> Greens, Veggies, Cold Cuts, Cheeses &amp; other salad bar fixings! WG Roll Fresh Fruit</p>	<p>7 <b>Penne</b> w. Sausage &amp; Broccoli  Garden Salad Fresh Fruit</p>	<p>8 <b>Grilled Cheese</b> -OR- <b>Grilled Cheese w. Ham</b> w. Cup of Soup  Oven-Baked Sweet Potatoes Fresh Fruit</p>	<p>9 <b>SCHOOLS CLOSED</b></p>
<p>12 <b>WW Cheese Quesadilla</b> w. Cup of Soup Black Beans Mexican Corn Tomato Salsa Fresh Fruit</p>	<p>13 <b>Baked Ziti</b> WG Pasta w. Marinara, Mozzarella &amp; Ricotta Sautéed Green Beans Fresh Fruit</p>	<p>14 <b>From the Ranch to you... Beef Taco - GF</b> Soft WW Tortilla -OR- Corn Tortilla - <b>GF</b> Brown Rice, Romaine Lettuce, Black Beans, Salsa, Cheese Sweet Plantains Fresh Fruit</p>	<p>15 <b>Pizza Bagel</b> w. Marinara &amp; Mozzarella w. Cup of Soup Caesar Salad Fresh Fruit</p>	<p>16 <b>SCHOOLS CLOSED</b></p>
<p>19 <b>Mac n' Cheese</b> WG Pasta &amp; Cheddar Sautéed Broccoli Fresh Fruit</p>	<p>20 <b>Deli Day!</b> Turkey on Roll -OR- Turkey &amp; Cheese on Roll w. Cup of Soup Lettuce-Tomato-Pickle Oven-Baked Potatoes Fresh Fruit</p>	<p>21 <b>From the Ranch... Beef Chili</b> —GF w. Brown Rice, Cheddar, Tomato &amp; Sour Cream toppings Corn Tortilla Chips Red Pepper Strips Fresh Fruit</p>	<p>22 <b>Pasta w. Pink Sauce</b> WG Pasta w. <b>Creamy Tomato Marinara</b> w. Fresh Basil, Parmesan &amp; Mozzarella  Buttered Peas Fresh Fruit</p>	<p>23 <b>Chicken Bites</b> Oven-Baked All White Meat Chicken <b>WG Garlic Bread</b> Sautéed Broccoli Fresh Fruit</p>
<p>26 <b>SCHOOLS CLOSED</b></p>	<p>27 <b>SCHOOLS CLOSED</b></p>	<p>28 <b>SCHOOLS CLOSED</b></p>	<p>29 <b>SCHOOLS CLOSED</b></p>	<p>30 <b>SCHOOLS CLOSED</b></p>

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

**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\***  
**Grilled Cheese & Cup of Soup of the Week**  
Vegetable of the Day  
Fruit

**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**  
TURKEY 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

QUESTIONS? CALL US @ 277.7090

**December 2016**

*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.*

**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**

**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](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 ~ 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