



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>SCHOOLS CLOSED</b>	3 <b>French Bread Pizza</b> w. Marinara & Mozzarella  Sautéed Green Beans Fresh Fruit  <b>NO SALAD BAR TODAY</b>	4 <b>Chicken Teriyaki - GF</b> <i>Diced Chicken in our own Teriyaki Sauce</i>  Brown Rice Steamed Broccoli Steamed Edamame Fresh Fruit	5 <b>WG Pasta w. Pesto *</b> -OR- <b>Marinara Sauce</b> & Mozzarella  <i>w. Cup of Soup of the Week</i> Carrot & Celery Sticks Fresh Fruit  *NUT-FREE	6 <b>Chicken Souvlaki</b>  Marinated Chicken, Red & Green Peppers & Onions on a warm WW Pita <b>Tzatziki Sauce</b> Greek Salad Fresh Fruit GF w/o Pita
9 <b>Grilled Cheese</b> -OR- <b>Grilled Cheese w. Ham</b>  <i>w. Cup of Soup of the Week</i>  Garden Salad Fresh Fruit	10 <b>BREAKFAST FOR LUNCH!</b> <b>Egg or Egg &amp; Cheese on a roll</b> Tomato Slices Sautéed Spinach Oven-Baked Potato Tots Fresh Fruit GF w/o Roll	11 <b>Hot Turkey Dinner w. Gravy</b> WG Roll Roasted Carrots Buttered Peas Fresh Fruit GF w/o gravy & roll	12 <b>Baked Ziti</b>  WG Pasta w. Marinara, Mozzarella & Ricotta  <i>w. Cup of Soup of the Week</i> Sautéed Green Beans Fresh Fruit	13 <b>From the Ranch... Hamburger</b> -OR- <b>Cheeseburger</b> on WW bun w. all trimmings <b>Sautéed Mushrooms &amp; Onions</b> Oven-Baked Sweet Potatoes Fresh Fruit GF w/o Bun
16 <b>SCHOOLS CLOSED</b>	17 <b>Pasta w. Pink Sauce</b> WG Pasta w. <b>Creamy Tomato Marinara</b> w. Fresh Basil, Parmesan & Mozzarella  <i>w. Cup of Soup of the Week</i>  Buttered Peas Fresh Fruit	18 <b>From the Ranch to you... Beef Taco - GF</b> Soft WW Tortilla -OR- Corn Tortilla - GF Brown Rice, Lettuce, Salsa Black Beans, Cheese Sour Cream Sweet Plantains Fresh Fruit	19 <b>Mac n' Cheese</b>  WG Pasta & Cheddar  <i>w. Cup of Soup of the Week</i>  Sautéed Broccoli Fresh Fruit	20 <b>Orange Chicken - GF</b>  <i>Diced Chicken in our own Tangy Orange Sauce</i>  Brown Rice Steamed Green Beans Fresh Fruit
23 <b>Sausage Parmigiana Hero</b>  Sausage w. Marinara & Mozzarella on WG Roll Garden Salad Fresh Fruit GF w/o Bun	24 <b>Deli Day!</b> <b>Turkey on Roll -OR- Turkey &amp; Cheese on Roll</b>  <i>w. Cup of Soup of the Week</i>  Lettuce-Tomato-Pickle Oven-Baked Sweet Potatoes Fresh Fruit	25 <b>Burrito Bar</b> Soft WW Tortilla <b>FILLED WITH YOUR CHOICE OF:</b> Brown Rice, Black Beans, Cheese, Salsa, Tomatoes, Lettuce, Sour Cream, Corn Sweet Plantains Fresh Fruit GF w/o Tortilla	26 <b>Pizza Bagel</b> w. Marinara & Mozzarella  <i>w. Cup of Soup of the Week</i>  Caesar Salad Fresh Fruit	27 <b>From the Ranch... Beef &amp; Bean Chili -GF</b> w. Brown Rice, Cheddar, Tomato & Sour Cream toppings Corn Tortilla Chips -GF Red Pepper Strips  Fresh Fruit
30 <b>Applegate® Hot Dog</b> on WW Bun—GF w/o bun  <i>w. Cup of Soup of the Week</i> Oven-Baked Sweet Potatoes  Fresh Fruit	31 <b>WW Cheese Quesadilla</b>  <i>w. Cup of Soup of the Week</i>  Black Beans Buttered Corn Tomato Salsa Fresh Fruit	<b>Soup's On!</b> 		
				<b>Soups of the Week</b> 3RD —6TH CREAMY TOMATO 9TH—13TH—CHICKEN NOODLE 17TH —20TH— PASTA & FAGIOLE 23RD - 27TH— MINESTRONE 30TH—31ST—CHICKEN RICE

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\***  
**Toasted French Bread w. Melted Mozzarella & Side of Marinara**  
**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

**January 2017**

*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 / MEAT 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