




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Soup's On! 	1 <i>Pizza Bagel</i> w. Marinara & Mozzarella <i>w. Cup of Soup of the Week</i> Caesar Salad Fresh Fruit	2 <i>Turkey Melt</i> Warm Sliced Turkey & Melted Cheese on a Wrap Oven-Baked Sweet Potatoes Fresh Fruit	3 <i>Baked Ziti</i> WG Pasta w. Marinara, Mozzarella & Ricotta Sautéed Green Beans Fresh Fruit
6 <i>Ham & Cheese on Pretzel Roll</i> Freshly sliced ham & cheese on a warm pretzel roll <i>w. Cup of Soup of the Week</i> Oven-Baked Potatoes Fresh Fruit	7 <i>WW Cheese Quesadilla</i> <i>w. Cup of Soup of the Week</i> Black Beans Buttered Corn Tomato Salsa Fresh Fruit	8 <i>Ranch Chicken - GF</i> Diced chicken marinated in <i>our own tangy ranch</i> <i>dressing</i> w. Parmesan Cheese over Brown Rice Sautéed Broccoli Fresh Fruit	9 <i>Mac n' Cheese</i> WG Pasta & Cheddar Sautéed Green Beans Fresh Fruit	10 <i>From the Ranch ... Beef Taco - GF</i> Soft WW Tortilla -OR- Corn Tortilla -GF Brown Rice, Lettuce, Salsa, Black Beans, Cheese, Sour Cream Sweet Plantains Fresh Fruit
13 Chicken Bites Oven-Baked All White Meat Chicken <i>Garlic Bread</i> Sautéed Broccoli Fresh Fruit	14 <i>Burrito Bar</i> Soft WW Tortilla FILLED WITH YOUR CHOICE OF: Brown Rice, Black Beans, Cheese, Salsa, Tomatoes, Lettuce, Sour Cream, Corn Sweet Plantains Fresh Fruit GF w/o Tortilla	15 <i>Chicken Teriyaki - GF</i> <i>Diced Chicken in our own</i> <i>Teriyaki Sauce</i> Brown Rice Steamed Edamame Fresh Fruit	16 <i>Grilled Cheese</i> -OR- <i>Grilled Cheese w. Ham</i> <i>w. Cup of Soup of the Week</i> Oven-Roasted Potatoes Fresh Fruit	17 <i>From the Ranch... Beef & Bean Chili -GF</i> w. Brown Rice, Cheddar, Tomato & Sour Cream toppings Corn Tortilla Chips -GF Red Pepper Strips Fresh Fruit
SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED
27 <i>French Bread Pizza</i> w. Marinara & Mozzarella <i>w. Cup of Soup of the Week</i> Steamed Broccoli Fresh Fruit NO SALAD BAR TODAY	28 <i>Orange Chicken - GF</i> <i>Diced Chicken in our own</i> <i>Tangy Orange Sauce</i> Brown Rice Steamed Green Beans Fresh Fruit		Soups of the Week 1ST — 3RD CHICKEN & RICE 6TH — 10TH — PASTA & FAGIOLI 13TH — 17TH — CREAMY TOMATO 27TH — 28TH — CHICKEN NOODLE	

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 Hummus Box
 Hummus, Pita, Veggie Sticks
 Cup of Soup of the Week
 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

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

February 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

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