



# ELEMENTARY SCHOOL MENU - MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <i>WW Cheese Quesadilla</i> <i>w. Cup of Soup of the Week</i> Black Beans Buttered Corn Tomato Salsa Fresh Fruit	<b>2</b> <i>Hot Turkey Dinner</i> <i>w. Gravy &amp; Dinner Roll</i> Roasted Carrots & Buttered Peas Fresh Fruit <u>GF w/o gravy &amp; roll</u>	<b>3</b> <i>Baked Ziti</i> WG Pasta w. Marinara, Mozzarella & Ricotta Caesar Salad Fresh Fruit
<b>Celebrate World Language Week with Foods from Around the World ! March 6th—10th!</b>				
<b>6</b> <i>Chicken Teriyaki - GF</i> <i>Diced Chicken in our own Teriyaki Sauce</i> Brown Rice Steamed Edamame Fresh Fruit	<b>7</b> <i>Ham &amp; Cheese Baguette</i> <i>w. French Onion Soup</i> Ham & Cheese on Baguette Dijon Mustard Mesclun Salad <i>w. Vinaigrette</i> Fresh Fruit	<b>8</b> <i>From the Ranch ...</i> <i>Beef Taco - GF</i> Soft WW Tortilla-OR- Corn Tortilla - <u>GF</u> Brown Rice, Lettuce, Salsa, Black Beans, Cheese, Sour Cream Sweet Plantains Fresh Fruit	<b>9</b> <i>Chicken Souvlaki</i> Marinated Chicken, Red & Green Peppers & Onions on a warm WW Pita <i>Tzatziki Sauce</i> Greek Salad Fresh Fruit <u>GF w/o Pita</u>	<b>10</b> <i>WG Pasta w. Pesto *</i> -OR- <b>Marinara Sauce</b> w. Shredded Mozzarella Sautéed Zucchini Fresh Fruit <b>*NUT-FREE</b>
<b>13</b> <b>Chicken Bites</b> Oven-Baked All White Meat Chicken <i>Garlic Bread</i> Sautéed Broccoli Fresh Fruit	<b>14</b> <i>From the Ranch...</i> <b>Hamburger</b> -OR- <b>Cheeseburger</b> on WW bun w. all the trimmings <i>Sautéed Mushrooms &amp; Onions</i> Oven-Baked Sweet Potatoes Fresh Fruit <u>GF w/o Bun</u>	<b>15</b> <i>Pizza Bagel</i> w. Marinara & Mozzarella Caesar Salad w. Chickpeas & Tomatoes Fresh Fruit	<b>16</b> <b>St. Patrick's Day Special!</b> <i>Corned Beef &amp; Cabbage</i> w. Rye Bread Roasted Carrots Fresh Oven-Roasted Potatoes Fresh Fruit <u>GF w/o Rye Bread</u>	<b>17</b> <b>NO CLASSES</b> <b>ELEMENTARY SCHOOLS</b>
<b>20</b> <i>Sausage Hero</i> Sausage w. Marinara on a Roll Garden Salad Fresh Fruit <u>GF w/o Bun</u>	<b>21</b> <i>Burrito Bar</i> 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 <u>GF w/o Tortilla</u>	<b>22</b> <i>Turkey Melt</i> Warm Sliced Turkey & Melted Cheese on a Wrap Oven-Baked Sweet Potatoes Fresh Fruit	<b>23</b> <i>BBQ Chicken Sandwich</i> <i>Chopped Chicken in our own</i> <i>sweet &amp; tangy BBQ sauce</i> on a soft roll <i>Baked Beans</i> Buttered Corn <i>Apple Crisp</i>	<b>24</b> <i>Mac n' Cheese</i> WG Pasta & Cheddar Sautéed Green Beans Fresh Fruit
<b>27</b> <i>Grilled Cheese</i> -OR- <i>Grilled Cheese w. Ham</i> Garden Salad Oven-Roasted Potatoes Fresh Fruit	<b>28</b> <i>Orange Chicken - GF</i> <i>Diced Chicken in our own</i> <i>Tangy Orange Sauce</i> Brown Rice Steamed Green Beans Fresh Fruit	<b>29</b> <i>From the Ranch...</i> <i>Beef &amp; Bean Chili</i> —GF w. Brown Rice, Cheddar, Tomato, Sour Cream & Lettuce Corn Tortilla Chips —GF Red Pepper Strips Fresh Fruit	<b>30</b> <b>Chicken Bites</b> Oven-Baked All White Meat Chicken <i>Garlic Bread</i> Sautéed Broccoli Fresh Fruit	<b>31</b> <i>French Bread Pizza</i> w. Marinara & Mozzarella Carrot & Celery Sticks Fresh Fruit

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\***  
**Pasta w. Broccoli**  
**Mozzarella**  
**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**  
**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

# Celebrate World Language Week with Foods from Around the World ! March 6th—10th!

Lunch

Almuerzo

午饭

Pranzo

déjeuner

μεσημεριανο



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

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

*Look for the orange italics!*

*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