



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<i>Happy Spring!</i>		
3 Chicken Bites Oven-Baked All White Meat Chicken Garlic Bread Sautéed Broccoli Fresh Fruit	4 Baked Ziti WG Pasta w. Marinara, Mozzarella & Ricotta Buttered Peas Fresh Fruit	5 Burrito Bar 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	6 Chicken Teriyaki - GF <i>Diced Chicken in our own Teriyaki Sauce</i> Brown Rice Steamed Edamame Fresh Fruit	7 Pita Pizza w. Marinara & Mozzarella Caesar Salad w. Chickpeas & Tomatoes Fresh Fruit
10 SCHOOLS CLOSED	11 SCHOOLS CLOSED	12 SCHOOLS CLOSED	13 SCHOOLS CLOSED	14 SCHOOLS CLOSED
17 French Bread Pizza w. Marinara & Mozzarella Sautéed Broccoli Fresh Fruit NO SALAD BAR TODAY	18 Orange Chicken - GF <i>Diced Chicken in our own Tangy Orange Sauce</i> Brown Rice Steamed Green Beans Fresh Fruit	19 Grilled Cheese -OR- Grilled Cheese w. Ham Garden Salad Oven-Baked Sweet Potatoes Fresh Fruit	20 Chicken Bites Oven-Baked All White Meat Chicken Garlic Bread Caesar Salad Fresh Fruit	21 From the Ranch ... Beef Taco - GF Soft WW Tortilla-OR- Corn Tortilla - GF Brown Rice, Lettuce, Salsa, Black Beans, Cheese, Sour Cream Sweet Plantains Fresh Fruit
24 Chicken Filet Sandwich Oven-Baked All White Meat Chicken on a Roll w. Lettuce & Tomato Oven-Baked Sweet Potatoes Fresh Fruit	25 Mac n' Cheese WG Pasta & Cheddar Sautéed Green Beans Fresh Fruit	26 From the Ranch... Hamburger -OR- Cheeseburger on WW bun w. all the trimmings Sautéed Mushrooms & Onions Oven-Baked Potatoes Fresh Fruit GF w/o Bun	27 WW Cheese Quesadilla Black Beans Buttered Corn Tomato Salsa Fresh Fruit	28 BBQ Chicken Sandwich <i>Chopped Chicken in our own sweet & tangy BBQ sauce on a soft roll</i> Baked Beans Cole Slaw Apple Crisp

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
Mozzarella, Lettuce & Tomato in Pita Vegetable of the Day 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

April 2017

*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

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