



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| | | **MONTHLY SPECIAL & SALAD BAR AVAILABLE STARTING MONDAY, SEPTEMBER 11TH! | | |
| <i>Welcome Back!</i> | | <i>Welcome Back!</i> | | <i>Welcome Back!</i> |
| 4 | 5 | 6 | 7 | 8 |
| SCHOOLS CLOSED | SCHOOLS CLOSED | HALF DAY NO LUNCH SERVED | HALF DAY NO LUNCH SERVED | Chicken Bites Oven-Baked All White Meat Chicken <i>Garlic Bread</i> Steamed Broccoli Fresh Fruit |
| 11 | 12 | 13 | 14 | 15 |
| <i>Grilled Cheese</i> -OR- <i>Grilled Cheese w. Ham</i> Oven-Baked Sweet Potatoes Fresh Fruit | WG Pasta w. Pesto * -OR- Marinara Sauce w. Shredded Mozzarella Buttered Peas Fresh Fruit *NUT-FREE | Chicken Teriyaki - GF <i>Diced Chicken in our own Teriyaki Sauce</i> Brown Rice Steamed Broccoli Steamed Edamame Fresh Fruit | Cheese Quesadilla Black Beans Buttered Corn Tomato Salsa Fresh Fruit | Chicken Parmigiana Sandwich Oven-Baked All White Meat Chicken on WW Roll w. Marinara & Mozzarella Sautéed Green Beans Fresh Fruit |
| 18 | 19 | 20 | 21 | 22 |
| Chicken Bites Oven-Baked All White Meat Chicken <i>Garlic Bread</i> Steamed Broccoli Fresh Fruit | Mac n' Cheese WG Pasta & Cheddar Sautéed Zucchini Fresh Fruit | From the Ranch... Pasta w. Bolognese Sauce -OR- Marinara Sauce & Mozzarella Buttered Peas Fresh Fruit GF w/o Pasta | SCHOOLS CLOSED | SCHOOLS CLOSED |
| 25 | 26 | 27 | 28 | 29 |
| Chicken Sandwich Oven-Baked All White Meat Chicken on WW Roll w. Lettuce & Tomato Oven-Baked Potatoes Fresh Fruit | Pita Pizza w. Marinara & Mozzarella Carrot & Celery Sticks Cucumber Rounds Fresh Fruit | From the Ranch to you... Beef Taco - GF Soft WW Tortilla -OR- Corn Tortilla - GF Brown Rice, Romaine Lettuce, Black Beans, Salsa, Cheese Red Pepper Strips Fresh Fruit | Turkey Melt Warm Sliced Turkey & Melted Cheese on a Wrap Oven-Baked Sweet Potatoes Fresh Fruit | Bean & Cheese Empanadas w. Salsa & Sour Cream Garden Salad Sweet Plantains Fresh Fruit |

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 Bistro Box
Hard Boiled Egg, Cheese Stick
Carrot & Celery Sticks, WG Roll
Sliced Fruit of the Day

SANDWICH OR WRAP OF THE DAY
(ALL W/ FRUIT & VEGGIE OF THE DAY)

MONDAY

TUNA SALAD ON WHOLE WHEAT

TUESDAY

TURKEY ON WHOLE WHEAT

WEDNESDAY

EGG SALAD 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

Did you know...?
LUNCH IS A MEAL!

KIDS WHO TAKE SIDES,
EATING FRUITS & VEGGIES WITH
THEIR ENTRÉE, ARE MORE SATISFIED
&
HAVE MORE ENERGY
TO GET THROUGH A BUSY DAY!

September 2017

CHOICES!!!
THERE ARE
MULTIPLE MEAL OPTIONS
EVERY DAY!!

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

*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
Beef Tacos, Beef Chili,
Burgers & Bolognese Sauce*

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/menus.htm>

We use a Point of Sale system so students need only know their 4-digit PIN to buy lunch at school. Via *MySchoolBucks.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