



TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																		
1 SCHOOLS CLOSED <i>Made From Scratch...</i> <i>Want to know what we make from scratch...? Look for the orange italics on the menu!</i>	2 Chicken Filet Sandwich Oven-Baked All White Meat Chicken on Roll w. Lettuce, Tomato & Red Onion Oven-Baked Potatoes Fresh Fruit LIMITED SALAD BAR TODAY	3 Mac n' Cheese Pasta & Cheddar <i>w. Cup of Soup of the Week</i> Sautéed Broccoli Fresh Fruit	4 Buffalo Chicken Hero <i>Diced Chicken tossed in our own spicy Buffalo Sauce on Hero</i> <i>w. Cup of Soup of the Week</i> Oven-Baked Sweet Potatoes Fresh Fruit GF w/o Bun	5 Burrito Bar Soft Flour Tortilla FILLED WITH YOUR CHOICE OF: Brown Rice, Black Beans, Cheese, Salsa, Tomatoes, Corn Lettuce, Sour Cream Sweet Plantains Fresh Fruit GF w/o Tortilla	8 White Chicken Chili <i>A spicy mix of Chicken, White Beans & Corn</i> Brown Rice w. Lettuce, Tomatoes, Cheese & Sour Cream Fresh Fruit GF w/o roll	9 Baked Ziti Pasta baked w. Marinara, Mozzarella & Ricotta <i>w. Cup of Soup of the Week</i> Sautéed Green Beans Fresh Fruit	10 Chicken Souvlaki Marinated Chicken, Red & Green Peppers & Onions on a warm WW Pita <i>Tzatziki Sauce</i> <i>Greek Salad</i> Fresh Fruit GF w/o Pita	11 Grilled Cheese -OR- Grilled Cheese w. Ham <i>w. Cup of Soup of the Week</i> Oven-Baked Potatoes Garden Salad Fresh Fruit	12 From the Ranch to you... Beef Taco - GF Soft WW Tortilla -OR- Corn Tortilla -GF Brown Rice, Black Beans, Lettuce, Salsa, Cheese Sour Cream Sweet Plantains Fresh Fruit	15 SCHOOLS CLOSED <i>From the Ranch... Natural, Antibiotic/Hormone Free Local, NY State Beef is used for all Burgers, Beef Tacos & Beef Chili.</i>	16 Chicken Teriyaki - GF Diced chicken in <i>our own teriyaki sauce</i> Brown Rice Steamed Edamame Fresh Fruit	17 Pasta w. Pink Sauce Pasta w. <i>Creamy Tomato Marinara</i> w. Mozzarella, Fresh Basil, & Grated Parmesan <i>w. Cup of Soup of the Week</i> Buttered Peas Fresh Fruit	18 From the Ranch... Beef & Bean Chili - GF w. Brown Rice Cheddar, Tomato & Sour Cream toppings Corn Tortilla Chips -GF Red Pepper Strips Fresh Fruit	19 Chicken Parmigiana Hero Oven-Baked All White Meat Chicken on WW Roll w. Mozzarella & Marinara <i>w. Cup of Soup of the Week</i> Fresh Fruit	22 Turkey Melt Warm Sliced Turkey & Melted Cheese on Wrap <i>w. Cup of Soup of the Week</i> Oven-Baked Potatoes Fresh Fruit	23 French Bread Pizza w. Marinara & Mozzarella <i>w. Cup of Soup of the Week</i> Caesar Salad w. Chickpeas & Tomatoes Fresh Fruit	24 Veggie Burger on Roll w. Lettuce, Tomato & Red Onion Oven-Baked Sweet Potatoes Fresh Fruit GF w/o roll	25 Cheese Quesadilla <i>w. Cup of Soup of the Week</i> Black Beans Buttered Corn Tomato Salsa Fresh Fruit	26 Chicken Parmigiana Bites Oven-Baked All White Meat Chicken w. Mozzarella & Marinara over Pasta Mediterranean Chickpea Salad Fresh Fruit	29 BBQ Chicken Sandwich Chopped Chicken in <i>our own sweet & tangy BBQ sauce</i> on a roll Oven-Baked Sweet Potatoes <i>Baked Beans</i> <i>Apple Crisp</i>	30 Bean & Cheese Empanadas w. Salsa & Sour Cream <i>w. Cup of Soup of the Week</i> Garden Salad Sweet Plantains Fresh Fruit	31 From the Ranch... Hamburger -OR- Cheeseburger on bun w. all trimmings <i>Sautéed Mushrooms & Onions</i> Oven-Baked Potatoes Fresh Fruit GF w/o Bun	SOUPS OF THE WEEK 2ND – 5TH CREAMY TOMATO –GF 8TH – 12TH CHICKEN NOODLE 15TH – 19TH PASTA & FAGIOLE 22ND – 26TH MINISTRONE 29TH – 31ST CHICKEN & RICE	

DAILY ALTERNATIVE ENTREES

BOAR'S HEAD® DELI BAR LUNCH

COMPLETE LUNCH W/ VEGETABLE, FRUIT & CHOICE OF MILK

GRAB & GO SALAD MEAL

CHOICES OF:

Chicken Milanese, Chef, Greek, Honey Mustard Spinach

INCLUDES CHOICE OF FRUIT, 100% FRUIT JUICE & CHOICE OF MILK

SALAD BAR

CREATE YOUR OWN
SALAD BAR LUNCH

-OR-

GRAB SOME FRESH VEGGIES
W/ YOUR LUNCH!

CHOICE OF ORGANIC,
GLUTEN-FREE DRESSINGS
BALSAMIC, RANCH, CAESAR

PEANUT BUTTER & JELLY
ON WHOLE WHEAT

All of our Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)

DELI BAR

STUDENT LUNCH—\$4.25
INCLUDES: VEGETABLE—FRUIT & CHOICE OF MILK

**COMPLETE HOT ENTRÉE
STUDENT LUNCH - - \$4.00**
INCLUDES: VEGETABLE-FRUIT & CHOICE OF MILK

ADULT LUNCH

ENTRÉE LUNCH \$4.50 + TAX

DELI /SALAD BAR LUNCH
\$5.00+ TAX

QUESTIONS? CALL US @ 277.7090

SERVING NO HFCS
(HIGH FRUCTOSE CORN SYRUP)
TOMATO PRODUCTS
PIZZA SAUCE, KETCHUP, SALSA

GF = GLUTEN FREE
INGREDIENTS/
OPTIONS

CONTACT YOUR PSA/PSO TO
LEARN ABOUT YOUR SCHOOL'S
NUTRITION COMMITTEE

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.