



FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Want to know what we make from scratch. . . ?</i></p> <p><i>Look for the orange italics on the menu!</i></p>	 <p>Soup's On!</p>	<p>Available Daily: Yogurt Parfait</p> <p>Salad Bar w/ Fresh Vegetables & Organic, Gluten Free Dressings</p>	<p>1</p> <p>Turkey Melt</p> <p>Warm Sliced Turkey & Melted Cheese on a Wrap Oven-Baked Sweet Potatoes Fresh Fruit</p>	<p>2</p> <p>Sausage & Pepper Hero</p> <p>Sweet Pork Sausage w. Red & Green Peppers & Onions on Hero Caesar Salad Fresh Fruit GF w/o Hero</p>
<p>5</p> <p>Chicken Filet Sandwich</p> <p>Oven-Baked All White Meat Chicken on Roll w. Lettuce, Tomato & Oven-Roasted Sweet Potatoes Fresh Fruit</p>	<p>6</p> <p>WW Cheese Quesadilla w. Cup of Soup of the Day</p> <p>Black Beans Mexican Corn Tomato Salsa Fresh Fruit</p>	<p>7</p> <p>Orange Chicken - GF</p> <p>Diced Chicken in our own Tangy Orange Sauce</p> <p>Brown Rice Sautéed Green Beans Fresh Fruit</p>	<p>8</p> <p>Mac n' Cheese</p> <p>WG Pasta & Cheddar Sautéed Broccoli Fresh Fruit</p>	<p>9</p> <p>From the Ranch...</p> <p>Beef Taco - GF</p> <p>Soft Tortilla - or Corn Tortilla - GF Brown Rice, Black Beans, Lettuce, Salsa, Cheese Sour Cream</p>
<p>12</p> <p>Chicken Parmigiana Hero</p> <p>Oven-Baked All White Meat Chicken on Roll w. Mozzarella & Marinara Oven-Roasted Potatoes Fresh Fruit</p>	<p>13</p> <p>Burrito Bar</p> <p>Soft 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</p>	<p>14</p> <p>Grilled Cheese -OR- Grilled Cheese w. Ham w. Cup of Tomato Soup</p> <p>Garden Salad Fresh Fruit</p>	<p>15</p> <p>Grilled Chili Lime Chicken -GF</p> <p>Chili Lime Marinated Grilled Chicken Breast Brown Rice, Black Beans, Salsa Fresh Fruit</p>	<p>16</p> <p>Baked Ziti</p> <p>WG Pasta w. Mozzarella, Marinara & Ricotta Sautéed Green Beans Fresh Fruit</p>
<p>19</p> <p>SCHOOLS CLOSED</p>	<p>20</p> <p>SCHOOLS CLOSED</p>	<p>21</p> <p>SCHOOLS CLOSED</p>	<p>22</p> <p>SCHOOLS CLOSED</p>	<p>23</p> <p>SCHOOLS CLOSED</p>
<p>26</p> <p>Buffalo Chicken Hero</p> <p>Diced Chicken tossed in our own spicy Buffalo Sauce on Hero</p> <p>Oven-Baked Sweet Potatoes GF w/o Hero Fresh Fruit</p> <p>LIMITED SALAD BAR TODAY</p>	<p>27</p> <p>Veggie Burger on Roll</p> <p>w. Lettuce, Tomato & Red Onion Tater Tots Fresh Fruit</p>	<p>28</p> <p>Chicken Parmigiana Bites</p> <p>Oven-Baked All White Meat Chicken w. Mozzarella & Marinara over Pasta Buttered Peas Fresh Fruit</p>	<p>From the Ranch ...</p> <p>Natural, Antibiotic/ Hormone-Free, Local, NY State Beef is used for all Burgers, Tacos & Chili</p>	<p>All of our Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)</p>

BOAR'S HEAD® DELI BAR

SIGNATURE SANDWICHES
\$4.25
(WHEN TAKEN AS A COMPLETE LUNCH)

PIZZA OF THE DAY
(PLAIN AVAILABLE EVERYDAY)

MONDAY
PITA PIZZA

TUESDAY
GRANDMA PIZZA

WEDNESDAY
BUFFALO PIZZA

THURSDAY
MEATBALL PIZZA

FRIDAY
WHITE PIZZA

COMPLETE HOT ENTRÉE LUNCH
\$4.00

INCLUDES: ENTRÉE, VEGETABLE/FRUIT, CHOICE OF MILK, FRESH FRUIT OR JUICE

ADULT LUNCH
ENTRÉE LUNCH - \$4.50 + TAX

DELI BAR LUNCH - \$5.00 + TAX

ADULT DELI BAR COMBO
(INCLUDES LARGE BOTTLED WATER)
\$5.50 + TAX

QUESTIONS? CALL US @ 277.7090

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