



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><i>From the Ranch...</i></p> <p><i>Natural, Antibiotic/Hormone Free, Local, NY State Beef is used for all Burgers, Beef Tacos & Beef Chili.</i></p>	<p><i>All of our Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)</i></p>	<p>1 <i>Turkey Melt</i></p> <p>Warm Sliced Turkey & Melted Cheese on a Wrap Oven-Baked Sweet Potatoes Fresh Fruit</p>	<p>2 <i>Sausage & Pepper Hero</i></p> <p>Sweet Pork Sausage w. Red & Green Peppers & Onions on Hero Caesar Salad Fresh Fruit GF w/o Hero</p>
<p>5 Chicken Bites</p> <p>Oven-Baked All White Meat Chicken Garlic Bread Mediterranean Chickpea Salad Fresh Fruit</p>	<p>6 <i>Cheese Quesadilla w. Cup of Soup of the Week</i></p> <p>Black Beans Buttered Corn Tomato Salsa Fresh Fruit</p>	<p>7 <i>Orange Chicken - GF</i></p> <p><i>Diced Chicken in our own Tangy Orange Sauce</i></p> <p>Brown Rice Steamed Broccoli Fresh Fruit</p>	<p>8 <i>Mac n' Cheese</i></p> <p>Pasta & Cheddar <i>w. Cup of Soup of the Week</i></p> <p>Sautéed Green Beans Fresh Fruit</p>	<p>9 <i>From the Ranch to you... Beef Taco - GF</i></p> <p>Soft Tortilla -OR- Corn Tortilla - GF Brown Rice, Black Beans, Lettuce, Salsa, Cheese Sour Cream Sweet Plantains Fresh Fruit</p>
<p>12 <i>Chicken Parmigiana Hero</i></p> <p>Oven-Baked All White Meat Chicken on Roll w. Mozzarella & Marinara Baked Sweet Potatoes Fresh Fruit</p>	<p>13 <i>Burrito Bar</i></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 <i>Grilled Cheese -OR- Grilled Cheese w. Ham w. Cup of Tomato Soup</i></p> <p>Garden Salad Fresh Fruit</p>	<p>15 <i>Chicken Teriyaki - GF</i></p> <p>Diced chicken in <i>our own teriyaki sauce</i> w. Brown Rice Sesame Green Beans Steamed Edamame Fresh Fruit</p>	<p>16 <i>Baked Ziti</i></p> <p>Pasta w. Mozzarella, Marinara & Ricotta Buttered Peas 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 <i>Buffalo Chicken Hero</i></p> <p><i>Diced Chicken tossed in our own spicy Buffalo Sauce on Hero</i></p> <p>Baked Sweet Potatoes Fresh Fruit GF w/o Bun LIMITED SALAD BAR TODAY</p>	<p>27 Veggie Burger</p> <p>on Roll w. Lettuce, Tomato & Red Onion Tater Tot Fresh Fruit</p>	<p>28 <i>Chicken Parmigiana Bites</i></p> <p>Oven-Baked All White Meat Chicken w. Mozzarella & Marinara over Pasta Sautéed Broccoli Fresh Fruit</p>	<p><i>Soups of the Week</i></p> <p>1ST & 2ND CHICKEN & RICE 5TH—9TH PASTA & FAGIOLI 12TH—16TH CREAMY TOMATO 26TH—28TH CHICKEN NOODLE</p>	

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.

BOAR'S HEAD® DELI BAR

DELI BAR STUDENT LUNCH

\$4.25

COMPLETE LUNCH w/
VEGETABLE-FRUIT &
CHOICE OF MILK

DAILY ALTERNATIVE

ENTREES

w/ VEGGIE SIDES

EGG SALAD

TUNA SALAD

ON WHOLE WHEAT

CHICKEN SALAD

ON WHOLE WHEAT

PEANUT BUTTER & JELLY

ON WHOLE WHEAT

SALAD BAR

TAKE THE SALAD BAR LUNCH

OR

GRAB SOME FRESH VEGGIES
w/ YOUR LUNCH!

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

COMPLETE HOT ENTRÉE

STUDENT LUNCH

\$4.00

INCLUDES: ENTRÉE,
VEGETABLE/FRUIT &
CHOICE OF MILK,
FRUIT JUICE AVAILABLE

ADULT LUNCH

ENTRÉE LUNCH \$4.50 + TAX

DELI BAR LUNCH \$5.00 + TAX

QUESTIONS? CALL US @ 277.7090