



FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SCHOOLS CLOSED	3 SCHOOLS CLOSED	4 SCHOOLS CLOSED	5 SCHOOLS CLOSED	6 SCHOOLS CLOSED
9 Chicken Filet Sandwich Oven-Baked All White Meat Chicken on a Roll w. Lettuce & Tomato Mediterranean Chickpea Salad Fresh Fruit LIMITED SALAD BAR TODAY	10 Pasta Primavera Pasta w. Red Peppers, Carrots, Spinach, Peas, Olive Oil & Garlic Mozzarella Caesar Salad Fresh Fruit	11 Chicken Teriyaki - GF Diced chicken in <i>our own teriyaki sauce</i> w. Brown Rice Steamed Edamame Fresh Fruit	12 Grilled Cheese -OR- Grilled Cheese w. Ham Oven Baked Sweet Potatoes Garden Salad Fresh Fruit	13 Burrito Bar 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
16 Buffalo Chicken Hero <i>Diced Chicken tossed in our own spicy Buffalo Sauce</i> on Hero Cole Slaw Caesar Salad Fresh Fruit GF w/o Hero	17 Fried Rice - GF Brown Rice, Eggs, Peas Carrots, Scallions Sautéed Mushrooms Steamed Broccoli Edamame Fresh Fruit	18 Chicken Souvlaki Marinated Chicken, Red & Green Peppers & Onions on a warm WW Pita Tzatziki Sauce Greek Salad Fresh Fruit GF w/o Pita	19 WG Pasta w. Pesto * -OR- Marinara Sauce w. Mozzarella Buttered Peas Fresh Fruit *NUT-FREE	20 From the Ranch... Beef Taco - GF Soft Tortilla -OR- Corn Tortilla - GF Brown Rice, Black Beans, Salsa Lettuce, Cheese & Sour Cream Sweet Plantains Fresh Fruit
23 Chicken Parmigiana Hero Oven-Baked All White Meat Chicken on Roll w. Mozzarella & Marinara Oven-Roasted Potatoes Fresh Fruit	24 Turkey Melt Warm Sliced Turkey & Melted Cheese on a Wrap Oven-Baked Sweet Potatoes Fresh Fruit	25 Chicken Fajita WW Tortilla Red Peppers & Onions Brown Rice & Refried Beans, Romaine Lettuce, Tomatoes, Salsa, & Cheddar Sweet Plantains Fresh Fruit GF w/o Tortilla	26 Mac n' Cheese WG Pasta & Cheddar Sautéed Broccoli Fresh Fruit	27 From the Ranch... Hamburger -OR- Cheeseburger on WW bun w. all trimmings Sautéed Mushrooms & Onions Oven-Baked Potatoes Fresh Fruit GF w/o Bun
30 Black Bean Enchiladas Black Beans, Corn, Onions & Salsa in a WW Tortilla topped w. Chipotle Enchilada Sauce & Pepper Jack Cheese Lettuce & Tomato Fresh Fruit		Available Daily: Yogurt Parfait Salad Bar w/ Fresh Vegetables & Organic, Gluten Free Dressings	From the Ranch ... Natural, Antibiotic/ Hormone-Free, Local, NY State Beef is used for all Burgers, Tacos & Chili	All of our Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)

BOAR'S HEAD® DELI BAR

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

PIZZA OF THE DAY
(PLAIN AVAILABLE EVERYDAY)

MONDAY
FRENCH BREAD

TUESDAY
BUFFALO

WEDNESDAY
WHITE

THURSDAY
CHICKEN CAESAR

FRIDAY
GRANDMA

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

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