



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 Bites Oven-Baked All White Meat Chicken Garlic Bread Tater Tots Fresh Fruit LIMITED SALAD BAR TODAY	10 Baked Ziti Pasta w. Mozzarella, Marinara & Ricotta Buttered Peas Fresh Fruit	11 Burrito Bar Soft WW Tortilla FILLED WITH YOUR CHOICE OF: Brown Rice, Black Beans, Cheese, Salsa, Tomatoes, Lettuce, Sour Cream, Corn Sweet Plantains Fresh Fruit GF w/o Tortilla	12 Pita Pizza w. Marinara & Mozzarella Caesar Salad w. Chickpeas & Tomatoes Fresh Fruit	13 Chicken Teriyaki - GF Diced chicken in <i>our own teriyaki sauce</i> w. Brown Rice Sesame Green Beans Steamed Edamame Fresh Fruit
16 Buffalo Chicken Hero <i>Diced Chicken tossed in our own spicy Buffalo Sauce</i> on Hero Oven Baked Sweet Potatoes Fresh Fruit GF w/o Bun	17 Turkey Melt Warm Sliced Turkey & Melted Cheese on a Wrap Sautéed Green Beans Fresh Fruit	18 Chicken Filet Sandwich Oven-Baked All White Meat Chicken on a Roll w. Lettuce & Tomato Oven-Baked Potatoes Fresh Fruit	19 Mac n' Cheese Pasta & Cheddar Sautéed Broccoli Fresh Fruit	20 From the Ranch to you... Beef Taco - GF Soft Tortilla - OR - Corn Tortilla - GF Brown Rice, Black Beans, Lettuce, Salsa, Cheese Sour Cream Sweet Plantains Fresh Fruit
23 BBQ Chicken <i>Chopped Chicken in our own sweet & tangy BBQ sauce</i> on a soft roll Baked Beans Buttered Corn Apple Crisp	24 Pasta Primavera Pasta w. Red Peppers, Carrots, Spinach, Peas, Olive Oil & Garlic Mozzarella Caesar Salad Fresh Fruit	25 From the Ranch... Hamburger -OR- Cheeseburger on WW bun w. all trimmings Sautéed Mushrooms & Onions Oven-Baked Potatoes Fresh Fruit GF w/o Bun	26 French Bread Pizza w. Marinara & Mozzarella Sautéed Broccoli Chickpeas & Tomatoes Fresh Fruit	27 Chicken Fajita WW Tortilla Red Peppers & Onions Brown Rice & Refried Beans, Romaine Lettuce, Tomatoes, Salsa, & Cheddar Sweet Plantains Fresh Fruit GF w/o Tortilla
30 Chicken Parmigiana Hero Oven-Baked All White Meat Chicken on a Roll w. Mozzarella & Marinara Oven Baked Sweet Potatoes Fresh Fruit		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 Burgers, Tacos & Chili	

GF = GLUTEN FREE
INGREDIENTS/ OPTIONS

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

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

CHEESE QUESADILLA
w. SALSA

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