



FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>Cinco de Mayo Special</i>
<p>All of our Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)</p>	<p>1 Pizza Slice w. Sautéed Green Beans Caesar Salad Fresh Fruit</p>	<p>2 <i>WG Pasta w. Pesto *</i> -OR- <i>Marinara Sauce</i> w. Mozzarella Buttered Peas Fresh Fruit <i>*NUT-FREE</i></p>	<p>3 Chicken Bites Oven-Baked All White Meat Chicken <i>Garlic Bread</i> Roasted Carrots Fresh Fruit</p>	<p>4 <i>From the Ranch...</i> <i>Beef Taco</i> - GF Soft Tortilla -OR- Corn Tortilla -GF Brown Rice, Black Beans, Lettuce, Salsa, Cheese Sour Cream Sweet Plantains Fresh Fruit</p>
<p>7 <i>BBQ Chicken Sandwich</i> <i>Chopped Chicken in our own sweet & tangy BBQ sauce</i> on a soft roll <i>Baked Beans</i> Buttered Corn <i>Apple Crisp</i></p>	<p>8 Veggie Burger on a Roll w. Lettuce, Tomato & Red Onion Oven Baked French Fries Fresh Fruit</p>	<p>9 <i>Mac n' Cheese</i> WG Pasta & Cheddar Sautéed Broccoli Fresh Fruit</p>	<p>10 <i>Sausage & Peppers Hero</i> Sweet Pork Sausage w. Red & Green Peppers & Onions on WG Hero Garden Salad Fresh Fruit</p>	<p>11 <i>Pita Pizza</i> w. Marinara & Mozzarella Caesar Salad w. Chickpeas & Tomatoes Fresh Fruit</p>
<p>14 <i>Grilled Cheese</i> -OR- <i>Grilled Cheese w. Ham</i> Oven-Baked Sweet Potatoes Sautéed Green Beans Fresh Fruit</p>	<p>15 <i>Turkey Melt</i> Warm Sliced Turkey & Melted Cheese on a Wrap Sautéed Zucchini Fresh Fruit</p>	<p>16 <i>Burrito Bar</i> 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</p>	<p>17 <i>Chicken Parm Hero</i> Oven-Baked All White Meat Chicken on a Roll w. Mozzarella & Marinara Buttered Corn Fresh Fruit</p>	<p>18 <i>From the Ranch...</i> <i>Pasta w. Bolognese Sauce</i> -OR- <i>Marinara Sauce & Mozzarella</i> Buttered Peas Fresh Fruit GF w/o Pasta</p>
<p>21 <i>Chicken Filet Sandwich</i> Oven-Baked All White Meat Chicken on a Roll w. Lettuce & Tomato Oven-Baked Sweet Potatoes Fresh Fruit</p>	<p>22 <i>Fried Rice - GF</i>  Brown Rice, Eggs, Carrots, Peas, Scallions Sautéed Mushrooms Steamed Broccoli Edamame Fresh Fruit</p>	<p>23 <i>Penne w. Italian Sausage Broccoli, Garlic & Oil</i> Caesar Salad Fresh Fruit</p>	<p>24 <i>Baked Ziti</i> Pasta w. Mozzarella, Marinara & Ricotta Sautéed Spinach Fresh Fruit</p>	<p>25 SCHOOLS CLOSED</p>
<p>28 SCHOOLS CLOSED</p>	<p>29 <i>Buffalo Chicken Hero</i> <i>Diced Chicken tossed in our own spicy Buffalo Sauce</i> on a Hero Oven Baked French Fries Fresh Fruit GF w/o Bun LIMITED SALAD BAR TODAY</p>	<p>30 <i>From the Ranch... Hamburger -OR- Cheeseburger</i> on WW bun w. all trimmings <i>Sautéed Mushrooms & Onions</i> Oven-Baked French Fries Fresh Fruit GF w/o Bun</p>	<p>31 <i>Chicken Fajita</i> WW Tortilla Red Peppers, Onions, Salsa Brown Rice, Black Beans, Lettuce, Tomatoes, Cheddar Sweet Plantains Fresh Fruit GF w/o Tortilla</p>	<p><i>From the Ranch ...</i> <i>Natural, Antibiotic/Hormone -Free, Local, NY State Beef is used for all Burgers, Tacos & Chili</i></p>

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