



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