



FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Buffalo Chicken Hero</i> Diced Chicken tossed in our own spicy Buffalo Sauce on WG Hero Sautéed Zucchini Fresh Fruit GF w/o Bun	2 <i>WG Pasta w. Pesto *</i> Pasta tossed in our own freshly made basil pesto w. Mozzarella Buttered Peas Fresh Fruit *NUT-FREE	3 <i>Pita Pizza</i> w. Marinara & Mozzarella Sautéed Broccoli Fresh Fruit	4 <i>Turkey Melt</i> Warm Sliced Turkey & Melted Cheese on a Wrap Oven-Baked Potato Tots Fresh Fruit	5 <i>Chicken Parm Sandwich</i> Oven-Baked All White Meat Chicken on a Roll w. Mozzarella & Marinara Sautéed Green Beans Fresh Fruit
8 SCHOOLS CLOSED	9 <i>French Bread Pizza</i> w. Marinara Mozzarella Caesar Salad w. Chickpeas & Tomatoes Fresh Fruit	10 <i>BBQ Chicken Sandwich</i> Chopped Chicken in our own sweet & tangy BBQ sauce on a soft WW roll <i>Baked Beans</i> Oven Baked Sweet Potatoes <i>Apple Crisp</i>	11 <i>Cheese Quesadilla</i> Black Beans Buttered Corn Tomato Salsa Fresh Fruit	12 <i>From the Ranch... Beef & Bean Chili - GF</i> w. Brown Rice Cheddar, Tomato & Sour Cream toppings Corn Tortilla Chips - GF Red Pepper Strips Fresh Fruit
15 <i>Chicken Bites</i> Oven-Baked All White Meat Chicken <i>Garlic Bread</i> Roasted Carrots Fresh Fruit	16 <i>Baked Ziti</i> WG Pasta w. Mozzarella, Marinara & Ricotta Sautéed Green Beans Fresh Fruit	17 <i>From the Ranch... Hamburger -OR- Cheeseburger</i> on WW bun w. all trimmings <i>Sautéed Mushrooms & Onions</i> Oven-Baked Potato Tots Fresh Fruit GF w/o Bun	18 <i>Fried Rice - GF</i> Brown Rice, Eggs, Peas, Carrots, Scallions Sautéed Mushrooms Steamed Broccoli Edamame Fresh Fruit	19 <i>Sausage & Pepper Hero</i> Sweet Pork Sausage w. Red & Green Peppers & Onions on a Hero Garden Salad Fresh Fruit
22 <i>Chicken Teriyaki - GF</i> Diced chicken in our own teriyaki sauce w. Brown Rice Steamed Broccoli Steamed Edamame Fresh Fruit	23 <i>Pasta w. Pink Sauce</i> WG Pasta w. Creamy Tomato Marinara w. Mozzarella, Fresh Basil & Grated Parmesan Buttered Peas Fresh Fruit	24 BREAKFAST FOR LUNCH! <i>Egg or Egg & Cheese on Roll</i> Tomato Slices Sautéed Spinach Buttered Corn Fresh Fruit GF w/o Roll	25 <i>Grilled Cheese -OR- Grilled Cheese w. Ham</i> Oven-Baked Sweet Potatoes Garden Salad Fresh Fruit	26 <i>From the Ranch... Beef Taco - GF</i> Soft Tortilla -OR- Corn Tortilla - GF Brown Rice, Black Beans, Lettuce, Salsa, Cheese Sweet Plantains Fresh Fruit GF w/o Bun
29 <i>Chicken Filet Sandwich</i> Oven-Baked All White Meat Chicken on a Roll w. Lettuce, Tomato & Roasted Red Peppers Fresh Fruit	30 <i>Burrito Bar</i> Soft WW 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	31 <i>Flat bread Pizza</i> w. Roasted Cauliflower Garden Salad Fresh Fruit	Made From Scratch... <i>Want to know what we make from scratch. . . ? Look for the orange italics on the menu!</i>	From the Ranch ... <i>Natural, Antibiotic/Hormone-Free, Local, NY State Beef is used for all Burgers, Tacos & Chili</i>

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

PEPPER JACK 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