



FOR ACCESSIBILITY HELP PLEASE CALL THE FOOD SERVICE OFFICE 516-277-7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Did you know...? LUNCH IS A MEAL! KIDS WHO TAKE SIDES, EATING FRUITS & VEGGIES WITH THEIR ENTRÉE, ARE MORE SATISFIED & HAVE MORE ENERGY TO GET THROUGH A BUSY DAY!</p>	<p>From the Ranch... <i>Natural, Antibiotic/ Hormone Free Local, NY State Beef is used for all Burgers, Beef Tacos, Beef Chili & Bolognese Sauce.</i></p>	<p><i>All of our Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)</i></p>	<p>Made From Scratch... <i>Want to know what we make from scratch...?? Look for the orange italics on the menu!</i></p>	<p>Available Daily: Yogurt Parfait Salad Bar w/ fresh veggies & organic, gluten free dressings</p>
<i>Welcome Back!</i>			<i>Welcome Back!</i>	
3	4	5	6	7
SCHOOLS CLOSED	SCHOOLS CLOSED	<p>Chicken Filet Sandwich Oven-Baked All White Meat Chicken on a Roll w. Lettuce & Tomato Mediterranean Chickpea Salad Cole Slaw Fresh Fruit</p>	<p>Grilled Cheese -OR- Grilled Cheese w. Ham Oven-Baked Potatoes Garden Salad Fresh Fruit</p>	<p>Orange Chicken - GF <i>Diced Chicken in our own Tangy Orange Sauce</i> Brown Rice Steamed Broccoli Fresh Fruit</p>
10	11	12	13	14
SCHOOLS CLOSED	SCHOOLS CLOSED	<p>Buffalo Chicken Hero <i>Diced Chicken in our own spicy Buffalo Sauce</i> on Hero Oven-Baked Potatoes Fresh Fruit GF w/o Hero</p>	<p>Burrito Bar 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</p>	<p>Mac n' Cheese WG Pasta & Cheddar Roasted Carrots Fresh Fruit</p>
17	18	19	20	21
<p>Chicken Parmigiana Sandwich Oven-Baked All White Meat Chicken on WW Roll w. Marinara & Mozzarella Sautéed String Beans Fresh Fruit</p>	<p>WG Pasta w. Pesto * -OR- Marinara Sauce w. Mozzarella Buttered Peas Fresh Fruit <i>*NUT-FREE</i></p>	SCHOOLS CLOSED	<p>Turkey Melt Warm Sliced Turkey & Melted Cheese on a Wrap Oven-Baked Sweet Potatoes Fresh Fruit</p>	<p>From the Ranch... Beef Taco - GF Soft WW Tortilla -OR- Corn Tortilla - GF Brown Rice, Black Beans, Lettuce, Salsa, Cheese Sour Cream Sweet Plantains Fresh Fruit</p>
24	25	26	27	28
<p>Cheese Quesadilla Black Beans Mexican Corn Tomato Salsa Fresh Fruit</p>	<p>Chicken Teriyaki - GF <i>Diced Chicken in our own Teriyaki Sauce</i> Brown Rice Steamed Broccoli Steamed Edamame Fresh Fruit</p>	<p>Penne w. Italian Sausage Broccoli, Garlic & Oil Sautéed Zucchini Fresh Fruit</p>	<p>Black Bean Enchiladas Black Beans, Corn, Onions & Salsa in a WW Tortilla topped w. Chipotle Enchilada Sauce & Pepper Jack Cheese Lettuce & Tomato Fresh Fruit</p>	<p>From the Ranch... Pasta w. Bolognese Sauce Buttered Peas Fresh Fruit GF w/o Pasta</p>

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

BOAR'S HEAD® DELI BAR

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

PIZZA OF THE DAY
(PLAIN AVAILABLE EVERYDAY)

MONDAY
PITA

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

QUESTIONS? CALL US @ 277.7090