



FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All of our Breads, Wraps, Rolls, Pizza Crusts &amp; Pastas are Whole Wheat (WW) or Whole Grain (WG)</i></p>	<p><i>Made From Scratch...</i> <i>Want to know what we make from scratch...? Look for the orange italics on the menu!</i></p>	<p><i>From the Ranch ... Natural, Antibiotic/ Hormone-Free, Local, NY State Beef is used for all Burgers, Tacos &amp; Chili</i></p>		<p><b>Did you know...?</b> LUNCH IS A MEAL! KIDS WHO TAKE SIDES, EAT FRUITS &amp; VEGGIES WITH THEIR ENTRÉE, ARE MORE SATISFIED &amp; HAVE MORE ENERGY TO GET THROUGH A BUSY DAY!</p>
<i>Welcome Back!</i>		<i>Welcome Back!</i>		<i>Welcome Back!</i>
<p>3</p> <p><b>SCHOOLS CLOSED</b></p>	<p>4</p> <p><b>SCHOOLS CLOSED</b></p>	<p>5</p> <p><b>Chicken Filet Sandwich</b> Oven-Baked All White Meat Chicken on a Roll w. Lettuce &amp; Tomato Cole Slaw Fresh Fruit</p>	<p>6</p> <p><b>Cheese Quesadilla</b> Black Beans Buttered Corn Tomato Salsa Fresh Fruit</p>	<p>7</p> <p><b>Pasta w. Pink Sauce</b> WG Pasta w. <i>Creamy Tomato Marinara w. Fresh Basil, Grated Parmesan &amp; Mozzarella Stick</i> Sautéed Broccoli Fresh Fruit</p>
<p>10</p> <p><b>SCHOOLS CLOSED</b></p>	<p>11</p> <p><b>SCHOOLS CLOSED</b></p>	<p>12</p> <p><b>Pizza Bagel</b> w. Marinara &amp; Mozzarella Garden Salad w. Chickpeas &amp; Tomatoes Fresh Fruit</p>	<p>13</p> <p><b>Chicken Teriyaki - GF</b> Diced chicken in <i>our own teriyaki sauce</i> w. Brown Rice <b>Sesame Green Beans</b> Steamed Edamame Fresh Fruit</p>	<p>14</p> <p><b>Burrito Bar</b> Soft WW Tortilla <b>FILLED WITH YOUR CHOICE OF:</b> Brown Rice, Black Beans, Cheese, Salsa, Tomatoes, Corn Lettuce, Sour Cream Sweet Plantains Fresh Fruit <u>GF w/o Tortilla</u></p>
<p>17</p> <p><b>Chicken Parm Hero</b> Oven-Baked All White Meat Chicken on a Roll w. Mozzarella &amp; Marinara Mediterranean Chickpea Salad Fresh Fruit</p>	<p>18</p> <p><b>Turkey Melt</b> Warm Sliced Turkey &amp; Melted Cheese on a Wrap Oven-Baked Potatoes Fresh Fruit</p>	<p>19</p> <p><b>SCHOOLS CLOSED</b></p>	<p>20</p> <p><b>Mac n' Cheese</b> WG Pasta &amp; Cheddar Roasted Carrots Fresh Fruit</p>	<p>21</p> <p><i>From the Ranch...</i> <b>Beef Taco - GF</b> Soft Tortilla -OR- Corn Tortilla -GF Brown Rice, Black Beans, Lettuce, Salsa, Cheese Sour Cream Sweet Plantains Fresh Fruit</p>
<p>24</p> <p><b>Chicken Bites</b> Oven-Baked All White Meat Chicken <b>Garlic Bread</b> Sautéed Broccoli Fresh Fruit</p>	<p>25</p> <p><b>Pizza Slice</b> w. Sautéed Green Beans Garden Salad w. Chickpeas &amp; Tomatoes Fresh Fruit</p>	<p>26</p> <p><b>BBQ Chicken Sandwich</b> <i>Chopped Chicken in our own sweet &amp; tangy BBQ sauce on a soft WW roll</i> <b>Baked Beans</b> Buttered Corn <b>Apple Crisp</b></p>	<p>27</p> <p><b>Grilled Cheese</b> -OR- <b>Grilled Cheese w. Ham</b> Oven-Baked Sweet Potatoes Sautéed Green Beans Fresh Fruit</p>	<p>28</p> <p><i>From the Ranch...</i> <b>Pasta w. Bolognese Sauce</b> -OR- <b>Marinara Sauce &amp; Mozzarella</b> Buttered Peas Fresh Fruit <u>GF w/o Pasta</u></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**
- 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