



FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Want to know what we make from scratch...?</i></p> <p><i>Look for the orange italics on the menu!</i></p>		<p>Available Daily: Yogurt Parfait Salad Bar w/ Fresh Vegetables & Organic, Gluten Free Dressings</p>	<p><i>From the Ranch ...</i></p> <p><i>Natural, Antibiotic/Hormone-Free, Local, NY State Beef</i></p> <p><i>is used for all Burgers, Tacos & Chili</i></p>	<p>1 <i>Orange Chicken - GF</i></p> <p><i>Diced Chicken in our own Tangy Orange Sauce</i></p> <p>Brown Rice Sesame Green Beans Fresh Fruit</p>
<p>4 <i>Buffalo Chicken Hero</i> <i>Diced Chicken tossed in our own spicy Buffalo Sauce on Hero</i></p> <p>Cole Slaw Garden Salad Fresh Fruit GF w/o Hero</p>	<p>5 <i>Chicken Parmigiana Hero</i> Oven-Baked All White Meat Chicken on Roll w. Marinara & Mozzarella</p> <p>Mediterranean Chickpea Salad Fresh Fruit</p>	<p>6 <i>Hot Turkey Dinner w. Gravy</i></p> <p>Dinner Roll Mixed Vegetable Oven Roasted Potatoes</p> <p>Fresh Fruit GF w/o gravy & roll</p>	<p>7 <i>Chicken Pesto Pasta</i></p> <p>WG Pasta tossed with Diced Chicken & Pesto</p> <p>Roasted Cauliflower Fresh Fruit</p>	<p>8 <i>From the Ranch...</i></p> <p><i>Beef Taco - GF</i> Soft Tortilla -OR- Corn Tortilla - GF</p> <p>Brown Rice, Black Beans, Lettuce, Salsa, Cheese Sour Cream Sweet Plantains Fresh Fruit</p>
<p>11 <i>WW Cheese Quesadilla</i></p> <p>Black Beans Mexican Corn Tomato Salsa Fresh Fruit</p>	<p>12 <i>Chili Lime Chicken -GF</i> Marinated Chicken in Chili Lime Sauce</p> <p>Brown Rice, Black Beans, Salsa, Garden Salad Fresh Fruit</p>	<p>13 <i>Penne w. Sausage & Broccoli</i></p> <p>Garlic & Oil Garden Salad</p> <p>Fresh Fruit</p>	<p>14 <i>Chicken Meatball Hero w. Marinara</i> on WG Hero</p> <p>Sautéed Spinach</p> <p>Fresh Fruit</p>	<p>15 <i>Grilled Cheese -OR- Grilled Cheese w. Ham w. Cup of Tomato Soup</i></p> <p>Sautéed String Beans Fresh Fruit</p>
<p>18</p> <p>SCHOOLS CLOSED</p>	<p>19</p> <p>SCHOOLS CLOSED</p>	<p>20</p> <p>SCHOOLS CLOSED</p>	<p>21</p> <p>SCHOOLS CLOSED</p>	<p>22</p> <p>SCHOOLS CLOSED</p>
<p>25 <i>Chicken Filet Sandwich</i> Oven-Baked All White Meat Chicken on Roll w. Lettuce & Tomato</p> <p>Sautéed Broccoli Fresh Fruit</p> <p>LIMITED SALAD BAR TODAY</p>	<p>26 <i>Turkey Melt</i> Warm Sliced Turkey & Melted Cheese on WW Wrap</p> <p>Oven-Baked Sweet Potatoes Fresh Fruit</p>	<p>27 <i>Chicken Fajita</i> Diced Chicken, Onions & Red Peppers in WW Tortilla</p> <p>Brown Rice & Black Beans, Lettuce, Tomatoes, Salsa, Cheese Sweet Plantains Fresh Fruit GF w/o Tortilla</p>	<p>28 <i>From the Ranch... Pasta w. Bolognese Sauce</i></p> <p>Buttered Peas</p> <p>Fresh Fruit GF w/o Pasta</p>	<p><i>All of our Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)</i></p>

BOAR'S HEAD® DELI BAR

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

PIZZA OF THE DAY
(PLAIN AVAILABLE EVERYDAY)

MONDAY
PITA PIZZA

TUESDAY
GRANDMA PIZZA

WEDNESDAY
BUFFALO PIZZA

THURSDAY
FRENCH BREAD

FRIDAY
WHITE PIZZA

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

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