



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Made From Scratch...</i></p> <p><i>Want to know what we make from scratch...? Look for the orange italics on the menu!</i></p>	<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><i>From the Ranch ... Natural, Antibiotic/ Hormone-Free, Local, NY State Beef is used for all Burgers, Tacos & Chili</i></p>	<p>1 <i>Buffalo Chicken Hero</i> Diced Chicken tossed in our own spicy Buffalo Sauce on WG Hero Oven-Baked Sweet Potatoes Fresh Fruit GF w/o Bun</p>	<p>2 <i>Pasta w. Pink Sauce</i> WG Pasta w. Creamy Tomato Marinara w. Mozzarella, Fresh Basil & Grated Parmesan Buttered Peas Fresh Fruit</p>
<p>5 <i>Chicken Parmigiana Hero</i> Oven-Baked All White Meat Chicken on a Roll w. Marinara & Mozzarella Mediterranean Chickpea Salad Fresh Fruit</p>	<p>6 SUPERINTENDENT'S CONFERENCE DAY SCHOOLS CLOSED</p>	<p>7 <i>Pre-Thanksgiving Feast Hot Turkey Dinner w. Gravy</i> Fresh Dinner Roll Roasted Carrots Buttered Peas Fresh Fruit GF w/o gravy & roll</p>	<p>8 <i>Black Bean Enchiladas</i> Black Beans, Corn, Onions & Salsa in a Tortilla topped w. Chipotle Enchilada Sauce & Pepper Jack Cheese Lettuce & Tomato Fresh Fruit</p>	<p>9 <i>Mac n' Cheese</i> WG Pasta & Cheddar Sautéed Green Beans Fresh Fruit</p>
<p>12 SCHOOLS CLOSED</p>	<p>13 <i>Chicken Teriyaki - GF</i> Diced chicken in our own teriyaki sauce w. Brown Rice Steamed Broccoli Steamed Edamame Fresh Fruit</p>	<p>14 <i>Grilled Cheese -OR- Grilled Cheese w. Ham</i> Oven-Baked Potatoes Garden Salad Fresh Fruit</p>	<p>15 <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</p>	<p>16 <i>Baked Ziti</i> WG Pasta w. Marinara Mozzarella & Ricotta Roasted Cauliflower Fresh Fruit</p>
<p>19 <i>Cheese Quesadilla</i> Black Beans Mexican Corn Tomato Salsa Fresh Fruit</p>	<p>20 <i>E3 Day</i> Assorted Deli Sandwiches Garden Salad Fresh Fruit No Hot Lunch Today</p>	<p>21 SCHOOLS CLOSED</p>	<p>22 SCHOOLS CLOSED</p>	<p>23 SCHOOLS CLOSED</p>
<p>26 <i>Chicken Bites</i> Oven-Baked All White Meat Chicken Garlic Bread Sautéed Broccoli Fresh Fruit Limited Salad Bar Today</p>	<p>27 <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</p>	<p>28 <i>From the Ranch... Hamburger -OR- Cheeseburger</i> on WW bun w. all trimmings <i>Sautéed Mushrooms & Onions</i> Oven-Baked Sweet Potatoes Fresh Fruit GF w/o Bun</p>	<p>29 <i>French Bread Pizza</i> w. Marinara & Mozzarella Caesar Salad Mixed Vegetables Fresh Fruit</p>	<p>30 <i>Orange Chicken - GF</i> <i>Diced Chicken in our own Tangy Orange Sauce</i> Brown Rice Sautéed Spinach Fresh Fruit</p>

GF = GLUTEN FREE	SERVING NO HFCS (HIGH FRUCTOSE CORN SYRUP)	CONTACT YOUR PSA/PSO TO LEARN ABOUT YOUR SCHOOL'S NUTRITION COMMITTEE
INGREDIENTS/ OPTIONS	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.

DAILY ALTERNATIVE ENTREES

**BOAR'S HEAD®
DELI BAR LUNCH**
COMPLETE LUNCH W/ VEGETABLE,
FRUIT & CHOICE OF MILK

GRAB & GO SALAD MEAL
CHOICES OF:
Chicken Milanese, Chef, Greek
INCLUDES CHOICE OF FRUIT, 100%
FRUIT JUICE & CHOICE OF MILK

SALAD BAR
CREATE YOUR OWN
SALAD BAR LUNCH
-OR-
GRAB SOME FRESH VEGGIES
W/ YOUR LUNCH!

**CHOICE OF ORGANIC,
GLUTEN-FREE DRESSINGS**
BALSAMIC, RANCH, CAESAR

PEANUT BUTTER & JELLY
ON WHOLE WHEAT

**ALL OF OUR BREADS, WRAPS,
ROLLS, PIZZA CRUSTS & PASTAS
ARE WHOLE WHEAT (WW) OR
WHOLE GRAIN (WG)**

DELI BAR
STUDENT LUNCH—\$4.25
INCLUDES: VEGETABLE, FRUIT &
CHOICE OF MILK

**COMPLETE HOT ENTRÉE
STUDENT LUNCH—\$4.00**
INCLUDES: VEGETABLE, FRUIT &
CHOICE OF MILK

ADULT LUNCH
ENTRÉE LUNCH \$4.50 + TAX

DELI /SALAD BAR LUNCH
\$5.00+ TAX

QUESTIONS? CALL US @ 277.7090