

Menu is subject to change.

NYS LOCAL FOODS



- *Upstate Farms Dairy -milk, yogurt, sour cream
- *LynOaken Farms Apples
- *Local Farm Vegetables and Fruit used in Meal Program highlighted in green

In addition to the Entrée of the Day, we also serve the following Items Daily:
 6" Subs and Wraps (2M2G)- Tuesday
 Pizza- Friday
 Specialty Salads (Includes) 2M2G Dinner Roll
 Peanut Butter & Jelly Sandwich (2M2G)

Offered daily with all School Lunches:
 Fresh or Prepared Fruit (Must take 1/2 cup of Fruit or Vegetable – may take up to 1 cup)

NY State Non or Low Fat White or Non Fat Chocolate Milk 8oz

All Meals are Free for Students

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Turkey Dogs</p> <p>Maple Glazed Carrots 3/4 C Peas 1/2 C Fresh Fruit -1 piece Milk-8oz</p>	<p>4</p> <p>Meat and Cheese Burritos</p> <p>Corn 1/2 C Sliced Cucumbers 1/2 C Fruit 1/2 C Milk -8oz</p>	<p>5</p> <p>BBQ Chicken Sandwich</p> <p>Green Beans 3/4C Cauliflower 1/2C NYS Apple-1Piece Milk-8oz</p>	<p>6</p> <p>Meatball Bomber w/Mozzarella Cheese</p> <p>Broccoli 1/2 C Carrots- 1/2 C NYS Apple-1Piece Milk-8oz</p>	<p>7</p> <p>Chocolate Ice Cream Day</p> <p>Chef's Choice Pizza Steamed Broccoli 1/2 C 1C Romaine Salad= 1/2 C NYS Apple-1Piece Milk-8oz Chocolate Sundae Cup</p>
<p>10</p> <p>Turkey and Cheese Bagel Sandwich</p> <p>Chef's choice Veg 1 c Chef's choice Fruit 1/2 C Milk-8oz</p>	<p>11</p> <p>Chicken Patty Club</p> <p>Chef's choice Veg 1 c Chef's choice Fruit 1/2 C Milk-8oz</p>	<p>12</p> <p>BBQ Meatballs Over Rice</p> <p>Chef's choice Veg 1 c Chef's choice Fruit 1/2 C Fresh Fruit 1pc. Milk-8oz</p>	<p>13</p> <p>Chicken Dippers</p> <p>Chef's choice Veg 1 c Chef's choice Fruit 1/2 C NYS Apples 1/2C Milk-8oz</p>	<p>14</p> <p>Veggie Pizza</p> <p>Chef's choice Veg 1 c Chef's choice Fruit 1/2 C Milk-8oz</p>
<p>17</p> <p>Cheeseburgers</p> <p>Mixed vegetables 1/2 C Cauliflower 1/2 C Fruit 1/2 C Milk-8oz</p>	<p>18</p> <p>Meat and Cheese Burritos</p> <p>Corn 1/2 C Peas 1/2 C NYS Fresh Apples-1 Piece Milk-8oz</p>	<p>19</p> <p>Hot Dogs</p> <p>Green Beans 1/2 C 1C Romaine Salad= 1/2 C Fruit 1/2 C Milk-8oz</p>	<p>20</p> <p>Popcorn Chicken with dipping sauce</p> <p>Baked Beans 1/2 C Carrots 3/4 C NY Apple slices 1/2 C Milk-8oz</p>	<p>21</p> <p>Pepperoni Pizza</p> <p>Steamed Broccoli 1/2 C Baby Carrots 1/2 C Fresh Fruit- 1 Piece Milk-8oz</p>
<p>24</p> <p>Philly Cheesesteak</p> <p>Chef's choice Veg 1 c Chef's choice Fruit 1/2 C Milk-8oz</p>	<p>25</p> <p>Chicken Nugget Caesar Salad</p> <p>Chef's choice Veg 1 c Chef's choice Fruit 1/2 C Milk-8oz</p>	<p>26</p> 	<p>27</p> 	<p>28</p>

If your son or Daughter has a particular food allergy, please contact the Health Service and food service @ 716.783.3100

