







| NYS Potatoes<br>NYS Onions  |   |  |  |  |  |
|---|---|--|--|--|--|
| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | NYS LOCAL FOODS *Upstate Farms   |
|   | 1<br>Nacho's Grande   | 2 National PB&J Day  | 3 Seasoned Chicken   | 4<br>Mozzarella Sticks w/marinara                                      | Milk, Yogurt, Sour Cream<br>Eden Valley Growers  |
|   | Turkey & Cheese Wrap  | 3 Cheese Mac & Cheese Pepperoni Pizza                                  | Ham & Cheese Sandwich  | & a bread stick Cheese Pizza   | Assorted Varieties of Apples<br>Eden Valley Growers                                    |
|   | Baked Beans 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz      | Steamed Carrots 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz       | NYS Potatoes 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz                | Steamed Broccoli 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz      | Assorted Fruits & Vegetables<br>used in Meal Program<br>highlighted in green           |
| 7 BBQ Chicken tenders Cheese pizza  | 8 Tacos in a bag Ham & Cheese Wrap                                | 9<br>Chicken Alfredo<br>Pepperoni Pizza                                | 10 Popcorn Chicken with seasoned rice Turkey & Cheese Sandwich         | 11 National Grilled Cheese Day  Grilled Cheese Sandwich  Cheese Pizza  | The Following Entrees Served Daily:  |
| Parm Roasted Cauliflower 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz | Vegetarian Beans 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz | Green Peas 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz            | NYS Salad Greens 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz      | Carrot Sticks 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz         | 6" Subs and Wraps (2M2G) Salads Made to Order (Includes Flatbread) 2M2G                |
| 14  | 15  | 16   | 17   | 18   | Peanut Butter & Jelly<br>Sandwich (2M2G)   |
|   | Spr   | ing Brea   | ak!! 6 %   |  | Fruit & Yogurt Parfait<br>w/Flatbread(2M2G)  |
| 21  | Build your own Taco   | 23<br>Chicken & Waffle Sandwich  | 24 Roasted turkey with gravy & a dinner roll                           | 25<br>Mozzarella Sticks w/ marinara<br>& a bread stick                 | Offered daily<br>with all School Lunches:  |
|   | Turkey & Cheese Wrap  | Pepperoni Pizza  | Ham & Cheese Sandwich  | Cheese Pizza   | Fresh or Prepared Fruit (Must take ½ cup of Fruit or Vegetable – may take up to 1 cup) |
| 26  | 27 Baked Beans 1c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz     | Fresh Baby Carrots 1c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz      | NYS Potatoes w/ Onion 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz | Garlic Roasted Broccoli 1c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz | NY State 8oz 1% or Skim<br>White Milk<br>Fat Free Chocolate Milk                       |
| 28<br>Chicken Tenders on a Wg<br>Hoagie Roll                              | 29<br>Nacho Grande  | 30 National Tie-dye Day<br>Chicken Patty WG Bun                        |  | Student \$2.90   | PAY FOR MEALS ONLINE   |
| Celery Sticks 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz                  | Vegetarian Beans 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz | Asian Roasted Carrots 3/4c<br>Fresh or Prepared Fruit 1/2c<br>Milk-8oz |  | Adult \$5.50   | ♠ MySchoolBucks.com  |

If your Student has a particular food allergy, please contact the food service

office @ (716)209-6251