



NYS Apples  
NYS Potatoes  
NYS Onions

March  
2025 9-12



Lunch  
HIGH SCHOOL



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| <br>Hop on Pop-corn Chicken<br>Cat and the Hat Noodles 1/2c | 4<br>Nacho's grande  | 5<br>Specialty Pizza   | 6<br>Buffalo Chicken Mac & Cheese   | 7<br>No School  |
| 3<br>Truffula trees (Broccoli) 3/4c<br>Sam I Am Corn 1/2c<br><b>Milk-8oz</b><br>** Hooray ** Sidekick Frozen fruit juice = 1/2 cup fruit     | Baked Beans 1/2c<br>Steamed Corn 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>       | 1C Romaine Lettuce=1/2c<br>Steamed Broccoli 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>                                  | <b>NYS Carrots 1C</b><br>Mixed Vegetables 1/2<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>              | Superintendent's Day  |
| 10<br>Breakfast FOR Lunch<br>French toast Sticks w/ sausage and syrup  | 11<br>Taco Day w/lettuce, cheese, salsa, sour cream  | 12<br>Grilled Ham & cheese   | 13<br>Chicken patty w cheese on a Wg bun  | 14<br>Mozzarella Sticks with marinara sauce   |
| Green Beans 1/2c<br>Sweet Potatoes 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>   | Vegetarian Beans 1/2c<br>Seasoned Corn 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | Green Peas 1/2c<br>Mixed Vegetables 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>  | <b>NYS Carrots 3/4c</b><br>Pinto Beans 1/2<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>                 | 1C Romaine Lettuce=1/2c<br>Steamed Broccoli 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> |
| 17<br>Chicken alfredo                                      | 18<br>Dorito Taco's in a bag   | 19<br>Three cheese Mac & Cheese  | 20<br>Popcorn Chicken   | 21<br>Grilled Cheese  |
| Steamed Carrots 1/2c<br>Potatoes 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>   | Baked Beans 1/2c<br>Steamed Corn 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>       | Mixed Vegetables 1/2c<br>Green Pepper Strips 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>                                 | <b>NYS Carrots 3/4c</b><br>Garbanzo Beans 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>             | 1C Romaine Lettuce=1/2c<br>Steamed Broccoli 1/2c<br>or Prepared Fruit 1/2c<br><b>Milk-8oz</b>       |
| 24<br>Rotini Pasta w meat balls  | 25<br>Chicken Quesadilla   | 26<br>Specialty Pizza Day  | 27<br>Chicken Finger Sub on wg bun  | 28<br>Mozzarella Sticks w/ marinara Sauce   |
| Mixed Vegetables 1/2c<br>Grape Tomatoes 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>  | Vegetarian Beans 1/2c<br>Seasoned Corn 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 1C Romaine Lettuce=1/2c<br>Steamed Broccoli 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>                                  | <b>NYS Potatoes w/ Onion 1/2c</b><br>Steamed Carrots 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>  | Green Beans 1/2c<br>Fresh Baby Carrots 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>      |
| 31<br>Pop Corn Chicken with Alfredo Noodles  |             |  |   |   |
| Green Beans 1/2c<br>Sweet Potatoes 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>   |  |  <b>PAY FOR MEALS ONLINE</b><br>MySchoolBucks.com | If your Student has a particular food allergy, please contact the food service office lhulings@op-schools.org |                |

### NYS LOCAL FOODS

\*Upstate Farms

Milk, Yogurt, Sour Cream

Preston Farms

Assorted Varieties of Apples

Eden Valley Growers

Assorted Fruits & Vegetables

used in Meal Program

highlighted in green

The Following Entrees  
Served Daily:

6" Subs and Wraps (2M2G)

Salads Made to Order  
(Includes Flatbread) 2M2G

Peanut Butter & Jelly  
Sandwich (2M2G)

Fruit & Yogurt Parfait  
w/Flatbread(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 8oz 1% or Skim**  
**White Milk**  
**Fat Free Chocolate Milk**

Student \$2.90  
Adult \$5.05