



ELEMENTARY SCHOOL MENU - MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY <i>Cinco de Mayo!!!</i>
1 Chicken Bites Oven-Baked All White Meat Chicken Garlic Bread Sautéed Broccoli Fresh Fruit	2 French Bread Pizza w. Marinara & Mozzarella Sautéed Green Beans Fresh Fruit	3 Turkey Melt Warm Sliced Turkey & Melted Cheese on Wrap Oven-Baked Sweet Potatoes Fresh Fruit	4 Baked Ziti WG Pasta w. Marinara, Mozzarella & Ricotta Buttered Peas Fresh Fruit	5 <i>From the Ranch ...</i> Beef Taco - GF Soft WW Tortilla -OR- Corn Tortilla - GF Brown Rice, Lettuce, Salsa, Black Beans, Cheese, Sour Cream Sweet Plantains Fresh Fruit
8 Chicken Parmigiana Hero Oven-Baked All White Meat Chicken on Roll w. Mozzarella & Marinara Oven-Roasted Potatoes Fresh Fruit	9 WW Cheese Quesadilla Black Beans Buttered Corn Tomato Salsa Fresh Fruit	10 Chicken Teriyaki - GF <i>Diced Chicken in our own Teriyaki Sauce</i> Brown Rice Steamed Edamame Steamed Green Beans Fresh Fruit	11 Pasta w. Pink Sauce Pasta w. Creamy Tomato Marinara w. Fresh Basil, Grated Parmesan & Mozzarella Buttered Peas Fresh Fruit	12 Sample Day! Burrito Bar Soft WW Tortilla FILLED WITH YOUR CHOICE OF: Brown Rice, Black Beans, Salsa, Cheese, Tomatoes, Lettuce, Corn Sweet Plantains Fresh Fruit GF w/o Tortilla
15 Chicken Filet Sandwich Oven-Baked All White Meat Chicken on a Roll w. Lettuce & Tomato Oven-Baked Sweet Potatoes Fresh Fruit	16 Mac n' Cheese WG Pasta & Cheddar Sautéed Broccoli Fresh Fruit	17 BBQ Chicken Sandwich <i>Chopped Chicken in our own sweet & tangy BBQ sauce on a soft roll</i> Baked Beans Cole Slaw Apple Crisp	18 Pita Pizza w. Marinara & Mozzarella Caesar Salad w. Chickpeas & Tomatoes Fresh Fruit	19 <i>From the Ranch...</i> Beef & Bean Chili - GF w. Brown Rice Cheddar, Tomato, Lettuce & Sour Cream toppings Corn Tortilla Chips - GF Red Pepper Strips Fresh Fruit
22 Chicken Bites Oven-Baked All White Meat Chicken Garlic Bread Sautéed Broccoli Fresh Fruit	23 WG Pasta w. Pesto * -OR- Marinara Sauce w. Mozzarella Sautéed Green Beans Fresh Fruit <i>*NUT-FREE</i>	24 <i>From the Ranch...</i> Hamburger -OR- Cheeseburger on WW bun w. all the trimmings Sautéed Mushrooms & Onions Oven-Baked Potatoes Fresh Fruit GF w/o Bun	25 Deli Day! Turkey on Roll -OR- Turkey & Cheese on Roll Lettuce—Tomato—Pickle Red Onion—Cucumber Rounds—Cole Slaw Oven-Baked Sweet Potatoes Fresh Fruit	26 SCHOOLS CLOSED
29 SCHOOLS CLOSED	30 Grilled Cheese -OR- Grilled Cheese w. Ham Oven-Baked Sweet Potatoes Sautéed Green Beans Fresh Fruit NO SALAD BAR TODAY	31 <i>From the Ranch...</i> Pasta w. Bolognese Sauce -OR- Marinara Sauce & Mozzarella Buttered Peas Fresh Fruit GF w/o Pasta		Sample Day! Friday, May 12th is Sample Day Bean & Cheese Empanadas!

ALTERNATIVE ENTREES

WHOLE GRAIN PEANUT BUTTER & JELLY SANDWICH

SALAD BAR
A COMPLETE LUNCH!
VEGGIES, PROTEIN, FRUIT & GRAIN

OR A PLACE TO VISIT FOR VEGGIE & FRUIT SIDES

CHOICE OF ORGANIC, GLUTEN-FREE DRESSINGS:
VINAIGRETTE, RANCH, CAESAR

Monthly Special
Cheese Quesadilla
Vegetable of the Day
Fruit of the Day

SANDWICH OR WRAP OF THE DAY (ALL W/ FRUIT & VEGGIE OF THE DAY)

MONDAY
TUNA SALAD ON WHOLE WHEAT

TUESDAY
EGG SALAD ON WHOLE WHEAT

WEDNESDAY
TURKEY ON WHOLE WHEAT

THURSDAY
CHICKEN CAESAR SALAD
DICED CHICKEN, ROMAINE, PARMESAN & WG CROUTONS

FRIDAY
YOGURT LUNCH
YOGURT, GRANOLA* & FRUIT
**NUT-FREE*

COMPLETE HOT ENTRÉE—STUDENT

\$3.50
INCLUDES: ENTRÉE, VEGETABLE/FRUIT & 1% OR SKIM MILK, FRESH FRUIT OR 100% FRUIT JUICE

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

QUESTIONS? CALL US @ 277.7090

May 2017

Friday, May 12th is Sample Day!

**We will be sampling
Bean & Cheese Empanadas!**

*So much of what we make is
Made From Scratch...
Want to know what we make
from scratch. . .?
Look for the orange italics!*

*All of our Breads, Wraps, Rolls, Pizza Crusts & Pastas are
Whole Wheat (WW) or Whole Grain (WG)*

*From the Ranch...
Natural, Antibiotic/Hormone
Free Local, NY State Beef
is used for all
Burgers, Beef Tacos & Beef Chili.*

WHAT IS A COMPLETE LUNCH?

TAKE AT LEAST 3 OUT OF 5!

A COMPLETE LUNCH CONSISTS OF AT LEAST 3 OF THE 5 COMPONENTS OFFERED.

ONE MUST BE A VEGETABLE OR FRUIT/FRUIT JUICE

- | | |
|------------------------------|---------------------|
| 1. MEAT / MEAT ALTERNATE | 2. VEGETABLE |
| 3. FRUIT OR 100% FRUIT JUICE | 4. GRAIN 5. MILK |

CONTACT YOUR PSA/PSO TO LEARN ABOUT YOUR SCHOOL'S NUTRITION COMMITTEE

Parents can always see what we're cooking to help your child plan their lunch.

Our elementary menus are posted online @

http://www.northshore.k12.ny.us/Menus/Elementary_lunch-menu.htm

We use a Point of Sale system so students need only know their 4-digit PIN to buy lunch at school. Via *MyPaymentsPlus.com* you can see what your child's balance is, fund their lunch account and even see what they are eating.

Snacks Sold in Elementary Cafeterias

Fresh Fruit ~ Raisins ~ Heartzels ~ Sun Chips ~ Sun Chip Mix ~ Food Should Taste Good Multigrain Chips (GF)

Back to Nature Chocolate Chunk Cookies ~ Annie's Bunny Grahams ~ Home Free Vanilla or Chocolate Chip Cookies (GF) ~ Chobani Greek Yogurt (4 oz)
100% Fruit Juice Ice ~ Milk, as a la carte beverage ~ 100% Juice, Apple or Orange (4 oz) ~ Water, Poland Spring 8oz or 16oz ~ Honest Kids, Appley Everafter