



# ELEMENTARY SCHOOL MENU - JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>Did you know...?</b> LUNCH IS A MEAL! KIDS WHO TAKE SIDES, EAT FRUITS &amp; VEGGIES WITH THEIR ENTRÉE, ARE MORE SATISFIED &amp; HAVE MORE ENERGY TO GET THROUGH A BUSY DAY!</p>		<p><b>1</b> <i>French Bread Pizza</i> w. Marinara &amp; Mozzarella Caesar Salad w. Chickpeas &amp; Tomatoes Fresh Fruit</p>	<p><b>2</b> <i>Chicken Filet Sandwich</i> Oven-Baked All White Meat Chicken on a Roll w. Lettuce &amp; Tomato Oven-Baked Sweet Potatoes Fresh Fruit</p>
<p><b>5</b> <i>Burrito Bar</i> Soft WW Tortilla <b>FILLED WITH YOUR CHOICE OF:</b> Brown Rice, Black Beans, Cheese, Salsa, Tomatoes, Lettuce, Sour Cream, Corn Sweet Plantains Fresh Fruit <b>GF</b> w/o Tortilla</p>	<p><b>6</b> <i>Mac n' Cheese</i> WG Pasta &amp; Cheddar Sautéed Green Beans Fresh Fruit</p>	<p><b>7</b> <b>Chicken Bites</b> Oven-Baked All White Meat Chicken <i>Garlic Bread</i> Sautéed Broccoli Fresh Fruit</p>	<p><b>8</b> <i>WW Cheese Quesadilla</i> Black Beans Buttered Corn Tomato Salsa Fresh Fruit</p>	<p><b>9</b> <i>From the Ranch... Hamburger</i> -OR- <i>Cheeseburger</i> on WW bun w. all the trimmings <i>Sautéed Mushrooms &amp; Onions</i> Oven-Baked Potatoes Fresh Fruit <b>GF</b> w/o Bun</p>
<p><b>12</b> <i>Chicken Teriyaki - GF</i> <i>Diced Chicken in our own Teriyaki Sauce</i> Brown Rice Steamed Edamame Steamed Broccoli Fresh Fruit</p>	<p><b>13</b> <i>Grilled Cheese</i> -OR- <i>Grilled Cheese w. Ham</i> Garden Salad Oven-Baked Sweet Potatoes Fresh Fruit</p>	<p><b>14</b> <i>Chicken Parmigiana Hero</i> Oven-Baked All White Meat Chicken w. Mozzarella &amp; Marinara on a Roll Caesar Salad Fresh Fruit</p>	<p><b>15</b> <i>WG Pasta w. Pesto *</i> -OR- <b>Marinara Sauce</b> w. Mozzarella Buttered Peas Fresh Fruit <i>*NUT-FREE</i></p>	<p><b>16</b> <i>From the Ranch ... Beef Taco - GF</i> Soft WW Tortilla -OR- Corn Tortilla - <b>GF</b> Brown Rice, Lettuce, Salsa, Black Beans, Cheese, Sour Cream Sweet Plantains Fresh Fruit</p>
<p><b>19</b> <i>Pizza Day!</i> w. Marinara &amp; Mozzarella Sautéed Green Beans Fresh Fruit <b>NO SALAD BAR NO SANDWICH OF THE DAY</b></p>	<p><b>20</b> <b>Chicken Bites</b> Oven-Baked All White Meat Chicken <i>Garlic Bread</i> Sautéed Broccoli Fresh Fruit <b>NO SALAD BAR NO SANDWICH OF THE DAY</b></p>	<p><b>21</b> <b>HALF DAY NO LUNCH SERVED</b></p>	<p><b>22</b> <b>HALF DAY NO LUNCH SERVED</b></p>	<p><b>23</b> <b>LAST DAY NO LUNCH SERVED</b></p>
<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>
<p><i>Happy Summer! Happy Summer! Happy Summer!</i></p>				

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

**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\***  
*Broccoli &  
Melted Mozzarella Wrap  
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

QUESTIONS? CALL US @ 277.7090

## June 2017

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](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