NORTHSHORESCHOOLS
Discovering Your Dreams

# HIGH SCHOOL MENU - SEPTEMBER 2017

**AVAILABLE DAILY: YOGURT PARFAIT - SALAD BAR W/ FRESH VEGETABLES & ORGANIC, GLUTEN-FREE DRESSINGS**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Did you know...?**<br>LUNCH IS A MEAL!<br>KIDS WHO TAKE SIDES, EATING FRUITS & VEGGIES WITH THEIR ENTRÉE, ARE MORE SATISFIED & HAVE MORE ENERGY TO GET THROUGH A BUSY DAY! | ***From the Ranch...***<br>***Natural, Antibiotic/ Hormone Free Local, NY State Beef is used for all Burgers, Beef Tacos, Beef Chili & Bolognese Sauce .*** | ***All of our Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)*** | ***Made From Scratch...***<br>***Want to know what we make from scratch. . .?? Look for the orange italics on the menu!*** | 1 |
| *Welcome Back!* | *Welcome Back!* | | *Welcome Back!* | |
| 4<br>**SCHOOLS CLOSED** | 5<br>**SCHOOLS CLOSED** | 6<br>**Chicken Filet Sandwich**<br>Oven-Baked All White Meat Chicken on a Roll w. Lettuce & Tomato<br>Oven-Baked Sweet Potatoes<br>Fresh Fruit | 7<br>***Cheese Quesadilla***<br>Black Beans<br>Mexican Corn<br>Tomato Salsa<br>Fresh Fruit | 8<br>***Orange Chicken - GF***<br>***Diced Chicken in our own Tangy Orange Sauce***<br>Brown Rice<br>Steamed Broccoli<br>Fresh Fruit |
| 11<br>***Turkey Melt***<br>Warm Sliced Turkey & Melted Cheese on a Wrap<br>Oven-Baked Sweet Potatoes<br>Fresh Fruit | 12<br>***Burrito Bar***<br>Soft WW Tortilla<br>**FILLED WITH YOUR CHOICE OF:**<br>Brown Rice, Black Beans, Cheese, Salsa, Tomatoes, Corn Lettuce, Sour Cream<br>Sweet Plantains<br>Fresh Fruit<br>GF w/o Tortilla | 13<br>***Chicken Teriyaki - GF***<br>***Diced Chicken in our own Teriyaki Sauce***<br>Brown Rice<br>Steamed Broccoli<br>Steamed Edamame<br>Fresh Fruit | 14<br>***Grilled Cheese***<br>-OR-<br>***Grilled Cheese w. Ham***<br>Oven-Baked Potatoes<br>Garden Salad<br>Fresh Fruit | 15<br>***From the Ranch...***<br>***Pasta w. Bolognese Sauce***<br>-OR-<br>**Marinara Sauce & Mozzarella**<br>Buttered Peas<br>Fresh Fruit<br>GF w/o Pasta |
| 18<br>**Chicken Parmigiana Sandwich**<br>Oven-Baked All White Meat Chicken on WW Roll w. Marinara & Mozzarella<br>Sautéed Zucchini<br>Fresh Fruit | 19<br>***Veggie Lo Mein***<br>Noodles w. Mushrooms, Carrots, Red Peppers, Spinach & Snow Peas<br>Steamed Edamame<br>Fresh Fruit | 20<br>***From the Ranch ...***<br>***Beef Taco - GF***<br>Soft WW Tortilla-OR-<br>Corn Tortilla - **GF**<br>Brown Rice, Lettuce, Salsa, Refried Beans, Cheese, Sour Cream<br>Sweet Plantains<br>Fresh Fruit | 21<br>**SCHOOLS CLOSED** | 22<br>**SCHOOLS CLOSED** |
| 25<br>***Buffalo Chicken Hero***<br>***Diced Chicken in our own spicy Buffalo Sauce***<br>on Hero<br>Oven-Baked Potatoes<br>Fresh Fruit<br>GF w/o Hero | 26<br>***Mac n' Cheese***<br>WG Pasta & Cheddar<br>Sautéed Broccoli<br>Fresh Fruit | 27<br>***Chicken Souvlaki***<br>Marinated Chicken, Red & Green Peppers & Onions on a warm WW Pita<br>***Tzatziki Sauce***<br>Greek Salad<br>Fresh Fruit<br>GF w/o Pita | 28<br>***Baked Ziti***<br>Pasta baked w. Mozzarella, Marinara & Ricotta<br>Caesar Salad w. Chickpeas & Tomatoes<br>Fresh Fruit | 29<br>**Bean & Cheese Empanadas**<br>w. Salsa & Sour Cream<br>Garden Salad<br>Sweet Plantains<br>Fresh Fruit |

**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**

## BOAR'S HEAD® DELI BAR

**SIGNATURE SANDWICHES**
**$4.25**
(WHEN TAKEN AS A COMPLETE LUNCH)

## PIZZA OF THE DAY

(PLAIN AVAILABLE EVERYDAY)

**MONDAY** PITA
**TUESDAY** BUFFALO
**WEDNESDAY** WHITE
**THURSDAY** CHICKEN CAESAR
**FRIDAY** GRANDMA

## COMPLETE HOT ENTRÉE LUNCH

$4.00
INCLUDES: ENTRÉE, VEGETABLE/FRUIT, CHOICE OF MILK, FRESH FRUIT OR JUICE

## ADULT LUNCH

**ENTRÉE LUNCH** - $4.50 + TAX

**DELI BAR LUNCH** - $5.00 + TAX

**ADULT DELI BAR COMBO (INCLUDES LARGE BOTTLED WATER)**
$5.50 + TAX

QUESTIONS? CALL US @ 277.7090