



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Did you know...? LUNCH IS A MEAL! KIDS WHO TAKE SIDES, EATING FRUITS & VEGGIES WITH THEIR ENTRÉE, ARE MORE SATISFIED & HAVE MORE ENERGY TO GET THROUGH A BUSY DAY!</p>	<p><i>From the Ranch...</i> Natural, Antibiotic/ Hormone Free Local, NY State Beef is used for all Beef Tacos, Beef Chili, Burgers & Bolognese Sauce.</p>	<p><i>All of our Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)</i></p>	<p><i>Made From Scratch...</i> Want to know what we make from scratch...? Look for the orange italics on the menu!</p>	1
<p><i>Welcome Back!</i></p>				
4	5	6	7	8
SCHOOLS CLOSED	SCHOOLS CLOSED	<p>Chicken Filet Sandwich Oven-Baked All White Meat Chicken on a Roll w. Lettuce & Tomato Oven-Baked Sweet Potatoes Fresh Fruit</p>	<p>Cheese Quesadilla Black Beans Buttered Corn Tomato Salsa Fresh Fruit</p>	<p>Hot Roast Beef on a Roll w. Gravy Sautéed Broccoli Fresh Fruit GF w/o gravy & roll</p>
11	12	13	14	15
<p>Buffalo Chicken Hero <i>Diced Chicken tossed in our own spicy Buffalo Sauce</i> on WG Hero Oven-Baked Sweet Potatoes Fresh Fruit GF w/o Bun</p>	<p>Burrito Bar Soft WW Tortilla FILLED WITH YOUR CHOICE OF: Brown Rice, Black Beans, Cheese, Salsa, Tomatoes, Corn Lettuce, Sour Cream Sweet Plantains Fresh Fruit GF w/o Tortilla</p>	<p>Chicken Teriyaki - GF <i>Diced Chicken in our own Teriyaki Sauce</i> Brown Rice Steamed Broccoli Steamed Edamame Fresh Fruit</p>	<p>Grilled Cheese <i>-OR- Grilled Cheese w. Ham</i> Oven-Baked Potatoes Garden Salad Fresh Fruit</p>	<p><i>From the Ranch...</i> Pasta w. Bolognese Sauce <i>-OR- Marinara Sauce & Mozzarella</i> Buttered Peas Fresh Fruit GF w/o Pasta</p>
18	19	20	21	22
<p>Chicken Parmigiana Sandwich Oven-Baked All White Meat Chicken on WW Roll w. Marinara & Mozzarella Sautéed Zucchini Fresh Fruit</p>	<p>Mac n' Cheese WG Pasta & Cheddar Sautéed Broccoli Fresh Fruit</p>	<p><i>From the Ranch ... Beef Taco - GF</i> Soft WW Tortilla -OR- Corn Tortilla - GF Brown Rice, Lettuce, Salsa, Black Beans, Cheese, Sour Cream Sweet Plantains Fresh Fruit</p>	SCHOOLS CLOSED	SCHOOLS CLOSED
25	26	27	28	29
<p>Chicken Bites Oven-Baked All White Meat Chicken Garlic Bread Sautéed Broccoli Fresh Fruit</p>	<p>Pizza Slice w. Marinara & Mozzarella Caesar Salad w. Chickpeas & Tomatoes Fresh Fruit</p>	<p>BBQ Chicken <i>Chopped Chicken in our own sweet & tangy BBQ sauce</i> on a soft roll Buttered Corn Cole Slaw Apple Crisp</p>	<p>Baked Ziti Pasta Baked w. Mozzarella, Marinara & Ricotta Sautéed Zucchini Fresh Fruit</p>	<p>Bean & Cheese Empanadas w. Salsa & Sour Cream Garden Salad Sweet Plantains Fresh Fruit</p>

SERVING NO HFCS
(HIGH FRUCTOSE CORN SYRUP)
TOMATO PRODUCTS
PIZZA SAUCE, KETCHUP, SALSA

GF = GLUTEN FREE
**INGREDIENTS/
OPTIONS**

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

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.

BOAR'S HEAD® DELI BAR

DELI BAR STUDENT LUNCH

\$4.25

COMPLETE LUNCH w/
VEGETABLE-FRUIT &
CHOICE OF MILK

DAILY ALTERNATIVE

ENTREES

w/ VEGGIE SIDES

PEPPER JACK QUESADILLA
w/ SALSA

TUNA SALAD
ON WHOLE WHEAT

CHICKEN SALAD
ON WHOLE WHEAT

PEANUT BUTTER & JELLY
ON WHOLE WHEAT

SALAD BAR
TAKE THE SALAD BAR LUNCH
OR
GRAB SOME FRESH VEGGIES
w/ YOUR LUNCH!

**CHOICE OF ORGANIC,
GLUTEN-FREE DRESSINGS**
BALSAMIC, RANCH, CAESAR

**COMPLETE HOT ENTRÉE
STUDENT LUNCH**

\$4.00

INCLUDES: ENTRÉE,
VEGETABLE/FRUIT &
CHOICE OF MILK,
FRUIT JUICE AVAILABLE

ADULT LUNCH

ENTRÉE LUNCH \$4.50 + TAX
DELI BAR LUNCH \$5.00 + TAX

QUESTIONS? CALL US @ 277.7090