



	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>From the Ranch...</i></p> <p>Natural, Antibiotic/ Hormone Free Local, NY State Beef is used for all Burgers, Beef Tacos & Beef Chili.</p>	<p><i>Made From Scratch...</i></p> <p>Want to know what we make from scratch. . . ? Look for the orange italics on the menu!</p>	<p>All of our Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)</p>	<p>1</p> <p>Chicken Filet Sandwich</p> <p>Oven-Baked All White Meat Chicken on Roll w. Lettuce, Tomato & Red Onion</p> <p>Oven-Baked Potatoes</p> <p>Fresh Fruit</p>
4	<p>Buffalo Chicken Hero</p> <p><i>Diced Chicken tossed in our own spicy Buffalo Sauce on Hero</i></p> <p>Oven-Baked Sweet Potatoes</p> <p>Fresh Fruit</p> <p>GF w/o Bun</p>	<p>5</p> <p>Flat Bread Pizza</p> <p>w. Marinara & Mozzarella</p> <p>Caesar Salad w. Chickpeas & Tomatoes</p> <p>Fresh Fruit</p>	<p>6</p> <p>Hot Turkey Dinner w. Gravy</p> <p>Warm Dinner Roll</p> <p>Roasted Butternut Squash</p> <p>Fresh Fruit</p> <p>GF w/o gravy & roll</p>	<p>7</p> <p>Mac n' Cheese</p> <p>Pasta & Cheddar</p> <p>Sautéed Green Beans</p> <p>Fresh Fruit</p>
11	<p>Chicken Bites</p> <p>Oven-Baked All White Meat Chicken</p> <p>Garlic Bread</p> <p>Sautéed Broccoli</p> <p>Fresh Fruit</p>	<p>12</p> <p>Burrito Bar</p> <p>Soft Flour Tortilla</p> <p>FILLED WITH YOUR CHOICE OF:</p> <p>Brown Rice, Black Beans, Cheese, Salsa, Tomatoes, Corn</p> <p>Lettuce, Sour Cream</p> <p>Sweet Plantains</p> <p>Fresh Fruit</p> <p>GF w/o Tortilla</p>	<p>13</p> <p><i>From the Ranch...</i></p> <p>Pasta w. Bolognese Sauce</p> <p>-OR-</p> <p>Marinara Sauce & Mozzarella</p> <p>Buttered Peas</p> <p>Fresh Fruit</p> <p>GF w/o Pasta</p>	<p>14</p> <p>Grilled Cheese</p> <p>-OR-</p> <p>Grilled Cheese w. Ham</p> <p>Oven-Baked Potatoes</p> <p>Garden Salad</p> <p>Fresh Fruit</p>
17	<p>Baked Ziti</p> <p>Pasta baked w. Marinara, Mozzarella & Ricotta</p> <p>Sautéed Green Beans</p> <p>Fresh Fruit</p>	<p>18</p> <p>Veggie Burger</p> <p>on Roll</p> <p>Lettuce, Tomato & Red Onion</p> <p>Oven-Baked Potatoes</p> <p>Fresh Fruit</p> <p>GF w/o roll</p>	<p>19</p> <p><i>From the Ranch...</i></p> <p>Beef & Bean Chili - GF</p> <p>w. Brown Rice</p> <p>Cheddar, Tomato & Sour Cream toppings</p> <p>Corn Tortilla Chips - GF</p> <p>Red Pepper Strips</p> <p>Fresh Fruit</p>	<p>15</p> <p>Orange Chicken - GF</p> <p><i>Diced Chicken in our own Tangy Orange Sauce</i></p> <p>Brown Rice</p> <p>Steamed Green Beans</p> <p>Fresh Fruit</p>
25	SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED
26	SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED
27	SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED
28	SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED
29	SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED	SCHOOLS CLOSED
				<p>20</p> <p>Cheese Quesadilla</p> <p>Black Beans</p> <p>Mexican Corn</p> <p>Tomato Salsa</p> <p>Fresh Fruit</p>
				<p>21</p> <p>Chicken Parmigiana Hero</p> <p>Oven-Baked All White Meat Chicken on Roll w. Mozzarella & Marinara</p> <p>Caesar Salad</p> <p>Fresh Fruit</p>

DAILY ALTERNATIVE ENTREES

BOAR'S HEAD® DELI BAR LUNCH

COMPLETE LUNCH W/ VEGETABLE, FRUIT & CHOICE OF MILK

GRAB & GO SALAD MEAL

CHOICES OF:

Chicken Milanese, Chef, Greek

INCLUDES CHOICE OF FRUIT, 100% FRUIT JUICE & CHOICE OF MILK

SALAD BAR

CREATE YOUR OWN SALAD BAR LUNCH

-OR-

GRAB SOME FRESH VEGGIES W/ YOUR LUNCH!

CHOICE OF ORGANIC, GLUTEN-FREE DRESSINGS

BALSAMIC, RANCH, CAESAR

PEANUT BUTTER & JELLY

ON WHOLE WHEAT

DELI BAR

STUDENT LUNCH—\$4.25

INCLUDES: VEGETABLE—FRUIT & CHOICE OF MILK

COMPLETE HOT ENTRÉE STUDENT LUNCH - -\$4.00

INCLUDES: VEGETABLE-FRUIT & CHOICE OF MILK

ADULT LUNCH

ENTRÉE LUNCH \$4.50 + TAX

DELI /SALAD BAR LUNCH \$5.00+ TAX

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.

QUESTIONS? CALL US @ 277.7090