



| TUESDAY  |  | WEDNESDAY  |  | THURSDAY  |  | FRIDAY  |  |  |  |
|--|--|--|--|---|--|---|--|--|--|
| <p><i>From the Ranch...</i></p> <p><b>Natural, Antibiotic/<br/>Hormone Free Local, NY<br/>State Beef is used for all<br/>Burgers, Beef Tacos<br/>&amp; Beef Chili.</b></p>                     |  | <p><i>Made From Scratch...</i></p> <p><b>Want to know what we<br/>make from scratch...?<br/>Look for the orange italics<br/>on the menu!</b></p>   |  | <p><b>1</b> <i>Chicken<br/>Parmigiana Hero</i><br/>Oven-Baked All White Meat<br/>Chicken on Roll<br/>w. Mozzarella &amp; Marinara<br/>Mediterranean Chickpea Salad<br/>Fresh Fruit</p>  |  | <p><b>2</b> <i>Mac n' Cheese</i><br/>Pasta &amp; Cheddar<br/>Sautéed Green Beans<br/>Fresh Fruit</p>  |  | <p><b>3</b> <i>Black Bean Enchiladas</i><br/>Black Beans, Corn, Onions &amp;<br/>Salsa in flour tortilla topped w.<br/><b>Chipotle Enchilada Sauce</b><br/>&amp; Pepper Jack Cheese<br/>Lettuce &amp; Tomato<br/>Fresh Fruit</p> |  |
| <p><b>6</b> <i>Buffalo Chicken Hero</i><br/><i>Diced Chicken tossed in<br/>our own spicy Buffalo Sauce</i><br/>on Hero<br/>Oven-Baked Sweet Potatoes<br/>Fresh Fruit<br/><b>GF w/o Bun</b></p> |  | <p><b>7</b> <i>Pasta w. Pink Sauce</i><br/>Pasta w.<br/><b>Creamy Tomato Marinara</b><br/>w. Mozzarella, Fresh Basil, &amp;<br/>Grated Parmesan<br/>Buttered Peas<br/>Fresh Fruit</p>  |  | <p><b>8</b> <i>Pre-Thanksgiving Feast<br/>Hot Turkey Dinner<br/>w. Gravy</i><br/><b>Freshly Baked Roll</b><br/>Roasted Carrots<br/>Fresh Fruit<br/><b>GF w/o gravy &amp; roll</b></p>   |  | <p><b>9</b> <i>Grilled Cheese</i><br/><b>-OR-</b><br/><b>Grilled Cheese w. Ham</b><br/>Oven-Baked Potatoes<br/>Garden Salad<br/>Fresh Fruit</p> |  | <p><b>10</b><br/><b>SCHOOLS CLOSED</b></p>   |  |
| <p><b>13</b> <i>Chicken Bites</i><br/>Oven-Baked<br/>All White Meat Chicken<br/><br/><b>Garlic Bread</b><br/>Sautéed Broccoli<br/>Fresh Fruit</p>  |  | <p><b>14</b> <i>Burrito Bar</i><br/>Soft Flour Tortilla<br/><b>FILLED WITH YOUR CHOICE OF:</b><br/>Brown Rice, Black Beans,<br/>Cheese, Salsa, Tomatoes, Corn<br/>Lettuce, Sour Cream<br/>Sweet Plantains<br/>Fresh Fruit<br/><b>GF w/o Tortilla</b></p> |  | <p><b>15</b> <i>From the Ranch...<br/>Hamburger</i><br/><b>-OR-</b><br/><b>Cheeseburger</b><br/>on bun w. all trimmings<br/><b>Sautéed Mushrooms &amp; Onions</b><br/>Oven-Baked Sweet Potatoes<br/>Fresh Fruit<br/><b>GF w/o Bun</b></p> |  | <p><b>16</b> <i>French Bread Pizza</i><br/>w. Marinara &amp; Mozzarella<br/>Caesar Salad w.<br/>Chickpeas &amp; Tomatoes<br/>Fresh Fruit</p>    |  | <p><b>17</b> <i>Orange Chicken - GF</i><br/><i>Diced Chicken in our<br/>own Tangy Orange Sauce</i><br/>Brown Rice<br/>Steamed Green Beans<br/>Fresh Fruit</p>  |  |
| <p><b>20</b> <i>Veggie Burger</i><br/>on Roll<br/>Lettuce, Tomato &amp;<br/>Red Onion<br/>Oven-Baked Potatoes<br/>Fresh Fruit<br/><b>GF w/o roll</b></p>                                       |  | <p><b>21</b> <i>E3 Day</i><br/><b>Assorted Deli Sandwiches</b><br/>Garden Salad<br/>Fresh Fruit<br/><b>No Hot Lunch Today</b></p>  |  | <p><b>22</b><br/><b>SCHOOLS CLOSED</b></p>  |  | <p><b>23</b><br/><b>SCHOOLS CLOSED</b></p>  |  | <p><b>24</b><br/><b>SCHOOLS CLOSED</b></p>   |  |
| <p><b>27</b> <i>Chicken Teriyaki - GF</i><br/>Brown Rice<br/>Steamed Broccoli<br/>Steamed Edamame<br/>Fresh Fruit<br/><b>LIMITED SALAD BAR OPTIONS TODAY</b></p>                               |  | <p><b>28</b> <i>Cheese Quesadilla</i><br/><br/><b>Black Beans</b><br/>Buttered Corn<br/>Tomato Salsa<br/>Fresh Fruit</p>   |  | <p><b>29</b> <i>From the Ranch...<br/>Beef &amp; Bean Chili - GF</i><br/>w. Brown Rice<br/>Cheddar, Tomato &amp;<br/>Sour Cream toppings<br/>Corn Tortilla Chips - <b>GF</b><br/>Red Pepper Strips<br/>Fresh Fruit</p>                    |  | <p><b>30</b> <i>Baked Ziti</i><br/>Pasta baked w. Marinara,<br/>Mozzarella &amp; Ricotta<br/>Sautéed Green Beans<br/>Fresh Fruit</p>            |  | <p><i>All of our<br/>Breads, Wraps, Rolls,<br/>Pizza Crusts &amp; Pastas<br/>are<br/>Whole Wheat (WW)<br/>or Whole Grain (WG)</i></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