



FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>Chicken Teriyaki - GF</i> Diced Chicken in our own Teriyaki Sauce Brown Rice Steamed Broccoli Fresh Fruit	3 <i>Ham & Cheese Baguette w. French Onion Soup</i> Ham & Cheese on a Baguette Mustard Mesclun Salad w. <i>Vinaigrette</i> Fresh Fruit	4 <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	5 <i>Chicken Souvlaki</i> Marinated Chicken Strips Onions, Red & Green Peppers on a warm WW Pita <i>Tzatziki Sauce</i> Greek Salad Fresh Fruit GF w/o Pita	6 <i>Pasta w. Pesto* -OR-</i> Marinara Sauce w. Mozzarella Caesar Salad Fresh Fruit <i>*NUT-FREE</i>
Celebrate World Language Week with Foods from Around the World! March 2nd—6th!				
9 NEW! <i>Buffalo Chicken Wings</i> Baked Chicken Wings tossed in our own spicy Buffalo Sauce Warm Dinner Roll Carrot & Celery Sticks Fresh Fruit GF w/o Roll	10 Turkey Melt Warm Sliced Turkey & Melted Cheese on a Wrap Oven-Baked Sweet Potatoes Fresh Fruit	11 <i>From the Ranch... Pasta w. Bolognese Sauce -OR- Marinara & Mozzarella</i> Caesar Salad Fresh Fruit GF w/o Pasta	12 Meatball Hero Chicken Meatballs in Marinara on Hero Mediterranean Chickpea Salad Fresh Fruit	13 <i>Fried Rice - GF -OR- Chicken Fried Rice - GF</i> Brown Rice, Eggs, Carrots, Peas, Scallions Steamed Broccoli Fresh Fruit
16 Chicken Filet Sandwich Oven-Baked All White Meat Chicken on Roll w. Lettuce & Tomato Sautéed Green Beans Fresh Fruit	17 <i>St. Patrick's Day Special!</i> <i>Corned Beef & Cabbage</i> w. Rye Bread Roasted Carrots Oven-Baked Potatoes Fresh Fruit GF w/o Rye Bread	18 Pasta w. Meatballs Chicken Meatballs & Pasta w. Marinara Sautéed Broccoli Fresh Fruit	19 <i>From the Ranch... Beef & Bean Chili - GF</i> w. Brown Rice Cheddar, Tomato & Sour Cream toppings Corn Tortilla Chips - GF Red Pepper Strips Fresh Fruit	20 <i>Grilled Cheese -OR- Grilled Cheese w. Ham</i> Oven-Baked Sweet Potatoes Garden Salad Fresh Fruit
23 <i>Chicken Parmigiana Hero</i> Oven-Baked All White Meat Chicken on Roll w. Mozzarella & Marinara Roasted Cauliflower Fresh Fruit	24 <i>Black Bean Enchiladas</i> Black Beans, Corn, Onions & Salsa in a Tortilla topped w. <i>Chipotle Enchilada Sauce</i> & Pepper Jack Cheese Garden Salad Fresh Fruit	25 <i>BBQ Chicken Sandwich</i> <i>Chicken Strips in our own sweet & tangy BBQ sauce</i> on a Roll Cole Slaw Carrot & Celery Sticks Fresh Fruit	26 <i>From the Ranch... Grilled Beef Tenderloin w. Gravy</i> Warm Dinner Roll Oven Baked Sweet Potatoes Sautéed Green Beans Fresh Fruit GF w/o gravy & roll	27 <i>Mac n' Cheese</i> Pasta & Cheddar Sautéed Broccoli Fresh Fruit
30 Burrito Bar Soft Tortilla FILLED WITH YOUR CHOICE OF: Brown Rice, Black Beans, Chicken, Cheese, Salsa, Tomatoes, Corn Lettuce, & Sour Cream Sweet Plantains Fresh Fruit GF w/o Tortilla	31 <i>From the Ranch... Hamburger -OR- Cheeseburger</i> on a bun w. all trimmings <i>Sautéed Mushrooms & Onions</i> Oven-Baked Potatoes Fresh Fruit GF w/o Bun	<p style="text-align: center;"><i>Our Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)</i></p>	<p style="text-align: center;"><i>From the Ranch... Natural, Antibiotic/ Hormone Free Local, NY State Beef is used for our Burgers, Beef Tacos & Beef Chili.</i></p>	<p style="text-align: center;">HELP WANTED</p> <p style="text-align: center;">WE ARE LOOKING FOR SUBSTITUTE PART TIME FOOD SERVICE WORKERS IF INTERESTED PLEASE CALL 516.277.7090</p>

A COMPLETE LUNCH
CONSISTS OF AT LEAST 3 OF 5 ITEMS

1. MEAT / MEAT ALTERNATE
2. GRAIN
3. FRUIT OR 100% FRUIT JUICE
4. VEGETABLE
5. MILK

ONE MUST BE A VEGETABLE OR FRUIT / 100% FRUIT JUICE

PIZZA OF THE DAY
(PLAIN AVAILABLE DAILY)

- MONDAY**
BUFFALO PIZZA
- TUESDAY**
GRANDMA PIZZA
- WEDNESDAY**
MEATBALL PIZZA
- THURSDAY**
CHICKEN CAESAR PIZZA
- FRIDAY**
FLAT BREAD PIZZA

STUDENT LUNCHES
COMPLETE ENTRÉE LUNCH
\$4.00

COMPLETE DELI/SALAD BAR
LUNCH
\$4.25

ADULT LUNCHES
ENTRÉE LUNCH - \$4.50 + TAX
DELI / SALAD BAR LUNCH - \$5.00 + TAX

SERVING NO HFCS (HIGH FRUCTOSE CORN SYRUP) TOMATO PRODUCTS & PEANUT BUTTER

This institution is an equal opportunity provider. Menus are subject to change. While the Food Service Dept. 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

DELI BAR FEATURES
BOAR'S HEAD® MEATS