



FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <i>Chicken Teriyaki - GF</i> Diced Chicken in our own Teriyaki Sauce Brown Rice Steamed Broccoli Fresh Fruit	<b>3</b> <i>Ham &amp; Cheese Baguette w. French Onion Soup</i> Ham & Cheese on a Baguette Mustard Mesclun Salad w. Vinaigrette Fresh Fruit	<b>4</b> <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	<b>5</b> <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	<b>6</b> <i>Pasta w. Pesto* -OR-</i> Marinara Sauce w. Mozzarella Caesar Salad Fresh Fruit *NUT-FREE
<b>Celebrate World Language Week with Foods from Around the World! March 2nd—6th!</b>				
<b>9</b> <b>NEW!</b> <i>Buffalo Chicken Wings</i> Baked Chicken Wings in our own spicy Buffalo Sauce w. Cup of Soup of the week Warm Dinner Roll Carrot & Celery Sticks Fresh Fruit GF w/o Roll	<b>10</b> <b>Turkey Melt</b> Warm Sliced Turkey & Melted Cheese on a Wrap w. Cup of Soup of the week Oven-Baked Sweet Potatoes Fresh Fruit	<b>11</b> <i>From the Ranch... Pasta w. Bolognese Sauce -OR- Marinara &amp; Mozzarella</i> Caesar Salad Fresh Fruit GF w/o Pasta	<b>12</b> <b>Meatball Hero</b> Chicken Meatballs in Marinara on Hero Mediterranean Chickpea Salad Fresh Fruit	<b>13</b> <i>Mac n' Cheese</i> Pasta & Cheddar Sautéed Broccoli Fresh Fruit
<b>16</b> <b>Chicken Filet Sandwich</b> Oven-Baked All White Meat Chicken on Roll w. Lettuce & Tomato Sautéed Green Beans Fresh Fruit	<b>17</b> <b>St. Patrick's Day Special!</b> <i>Corned Beef &amp; Cabbage</i> w. Rye Bread Roasted Carrots Oven-Baked Potatoes Fresh Fruit GF w/o Rye Bread	<b>18</b> <b>Pasta w. Meatballs</b> Chicken Meatballs & Pasta w. Marinara w. Cup of Soup of the week Sautéed Broccoli Fresh Fruit	<b>19</b> <i>From the Ranch... Beef &amp; Bean Chili - GF</i> w. Brown Rice Cheddar, Tomato & Sour Cream toppings Corn Tortilla Chips - GF Red Pepper Strips Fresh Fruit	<b>20</b> <i>Pizza Slice</i> w. Marinara & Mozzarella w. Cup of Soup of the week Caesar Salad w. Chickpeas & Tomatoes Fresh Fruit
<b>23</b> <i>Chicken Parmigiana Hero</i> Oven-Baked All White Meat Chicken on Roll w. Mozzarella & Marinara Sautéed Broccoli Fresh Fruit	<b>24</b> <i>Grilled Cheese -OR- Grilled Cheese w. Ham</i> w. Cup of Soup of the week Oven-Baked Sweet Potatoes Fresh Fruit	<b>25</b> <i>BBQ Chicken Sandwich</i> Chicken Strips in our own sweet & tangy BBQ sauce on a Roll Cole Slaw Carrot & Celery Sticks Fresh Fruit	<b>26</b> <i>Fried Rice - GF -OR- Chicken Fried Rice</i> Brown Rice, Eggs, Chicken, Carrots, Peas, Scallions Sautéed Mushrooms Edamame Fresh Fruit	<b>27</b> <i>Flatbread Pizza</i> w. Marinara & Mozzarella w. Cup of Soup of the week Garden Salad Fresh Fruit
<b>30</b> <b>Burrito Bar</b> Soft Tortilla <b>FILLED WITH YOUR CHOICE OF:</b> Brown Rice, Black Beans, Chicken, Cheese, Salsa, Tomatoes, Corn Lettuce & Sour Cream Sweet Plantains Fresh Fruit GF w/o Tortilla	<b>31</b> <i>From the Ranch... Hamburger -OR- Cheeseburger</i> on a bun w. all trimmings <i>Sautéed Mushrooms &amp; Onions</i> Oven-Baked Potatoes Fresh Fruit GF w/o Bun	<b>Our Breads, Wraps, Rolls, Pizza Crusts &amp; Pastas are</b> <b>Whole Wheat (WW) or Whole Grain (WG)</b>	<b>From the Ranch... Natural, Antibiotic/ Hormone Free Local, NY State Beef is used for our Burgers, Beef Tacos &amp; Beef Chili.</b>	<b>Soup of the Week</b> 2ND—6TH FRENCH ONION 9TH—13TH CHICKEN NOODLE 16TH—20TH MINISTRONE 23RD-27TH CREAMY TOMATO 30TH-31ST ITALIAN WEDDING

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 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

**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

**ALTERNATE ENTREES**

**DELI BAR**

**GRAB & GO SALAD MEAL**

CHOICE OF:

*Chicken Milanese, Chef, Greek, Chicken Caesar*

INCLUDES FRUIT/100% FRUIT JUICE & CHOICE OF MILK

**SALAD BAR**

A COMPLETE LUNCH!

OR A PLACE TO VISIT FOR VEGGIE & FRUIT SIDES

**PEANUT BUTTER & JELLY**

ON WHOLE WHEAT

**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

**DELI BAR FEATURES**

**BOAR'S HEAD® MEATS**