



FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<i>All of our Beef is Natural, Antibiotic/Hormone Free Local, NY State Beef.</i>	<i>Our Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)</i>			BREADED CHICKEN FILET SANDWICH POTATO SMILES MELON CUP
4	5	6	7	8
CHEESE PIZZA SLICE CUCUMBER SLICES FRESH PEACH	CHICKEN BITES SOFT WHOLE GRAIN PRETZEL BITES SWEET POTATO FRIES FRESH ORANGE	YOGURT PARFAIT VANILLA YOGURT LAYERED WITH BERRIES AND GRANOLA STRING CHEESE CARROT STICKS APPLE CRISP	CRUNCHY BEEF TACOS CILANTRO LIME RICE SEASONED BLACK BEANS LETTUCE AND CHEESE MELON CUP	BREAKFAST FOR LUNCH SCRAMBLED EGGS WITH CHEESE ON A KAISER ROLL LI GROWN BREAKFAST POTATOES ORANGE JUICE
11	12	13	14	15
SCHOOLS CLOSED	CRISPY CHICKEN WRAP WITH LETTUCE AND TOMATO LI GROWN POTATO SALAD NYS APPLE	BEEF MEATBALL PARM HERO LI GROWN SAUTEED BROCCOLI FRESH BERRY CUP	FRENCH BREAD PIZZA GARDEN SALAD FRESH PEACH	MAC & CHEESE WG PASTA & CHEDDAR ROASTED CAULIFLOWER FRESH PEAR
18	19	20	21	22
CHEESE QUESADILLA SEASONED CORN SOUR CREAM MELON CUP	PASTA WITH MARINARA AND CHEESE GARLIC BREAD SAUTEED ZUCCHINI FRESH ORANGE	BENTO BOX HOMEMADE HUMMUS, CHEESE STICK CUCUMBER SLICES CARROT STICKS WG PITA CHIPS APPLE	HOMESTYLE MASHED POTATO AND MEATBALL BOWL WG BISCUIT SEASONED GREEN BEANS FRESH BANANA	CHICKEN TERIYAKI STEAMED BROWN RICE SEASONED BROCCOLI APPLE SLICES
25	26	27	28	29
CHICKEN BURRITO BOWL BROWN RICE BLACK BEANS SALSA & CHEESE FRESH PEAR	PIZZA BAGEL CUCUMBER & TOMATO SALAD FRESH APPLE	BAKED ZITI WARM BREADSTICK SAUTEED BROCCOLI FRESH ORANGE	HAMBURGER OR CHEESEBURGER POTATO SMILES FRESH APPLE	CHICKEN TENDERS GARLIC BREAD FRESH BABY CARROTS MELON CUP

ONE COMPLETE LUNCH IS FREE TO ALL STUDENTS

Daily Alternate Entrée

—

Boar's Head

Turkey & Cheese Sandwich

—

Chicken Caesar Salad

—

Sunbutter & Jelly Sandwich

—

Yogurt Lunch

Yogurt, Granola, Cheese Stick, Graham Crackers

Fruit and Vegetables

****All meals served with vegetable or fruit AND choice of 100% fruit juice AND choice of fat free or 1% milk**

HELP WANTED

WE ARE LOOKING FOR
SUBSTITUTE PART TIME
FOOD SERVICE WORKERS
IF INTERESTED PLEASE CALL
516.277.7090




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



FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BBQ CHICKEN SANDWICH MINI CORN ON THE COB FRESH FRUIT	2 SUPERINTENDENT'S CONFERENCE DAY SCHOOLS CLOSED	3 CHICKEN TERIYAKI STEAMED BROWN RICE SEASONED BROCCOLI FRESH FRUIT	4 YOGURT PARFAIT VANILLA YOGURT LAYERED WITH BERRIES AND HOUSE MADE GRANOLA, GRAHAM CRACKERS STRING CHEESE CARROT STICKS FRESH FRUIT	5 PASTA WITH MARINARA AND CHEESE GARLIC BREAD LI GROWN CAULIFLOWER WITH TOASTED BREAD CRUMBS FRESH FRUIT 
8 CHEESE PIZZA SLICE LI GROWN ROASTED BROCCOLI NYS APPLE 	9 SCRAMBLED EGGS WITH CHEESE ON A KAISER ROLL LI GROWN BREAKFAST POTATOES FRESH FRUIT 	10 BEEF MEATBALL PARM HERO GARDEN SALAD FRESH FRUIT	11 SCHOOL CLOSED	12 CHICKEN BITES SOFT WHOLE GRAIN PRETZEL BITES SWEET POTATO FRIES FRESH ORANGE
15 CHEESY BREAD WITH MARINARA CUP SAUTEED BROCCOLI FRESH FRUIT	16 HAMBURGER OR CHEESEBURGER TATER TOTS FRESH APPLE	17 BENTO BOX HOMEMADE HUMMUS, CHEESE STICK CUCUMBER SLICES CARROT STICKS WG PITA CHIPS FRESH FRUIT	18 BEEF & CHEESE SOFT TACOS CILANTRO LIME RICE SEASONED BLACK BEANS LETTUCE AND CHEESE MELON CUP	19 MAC & CHEESE WG PASTA & CHEDDAR ROASTED CAULIFLOWER FRESH FRUIT
22 CHEESE QUESADILLA SEASONED CORN SALSA CUP FRESH FRUIT	23 PIZZA BAGEL CUCUMBER & TOMATO SALAD FRESH APPLE	24 SCHOOL CLOSED	25 SCHOOL CLOSED	26 SCHOOL CLOSED
29 CHICKEN TENDERS GARLIC BREAD FRESH BABY CARROTS FRESH FRUIT	30 BAKED ZITI WARM BREADSTICK SAUTEED BROCCOLI FRESH ORANGE		<i>Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)</i>	**All meals served with vegetable, fruit AND choice of 100% fruit juice AND choice of fat free or 1% milk

ONE COMPLETE LUNCH IS FREE TO ALL STUDENTS

Daily Alternate Entrée

—

Boar's Head

Turkey & Cheese Sandwich

—

Garden Salad with Tuna

—

Sunbutter & Jelly

Sandwich

—

Yogurt Lunch

*Yogurt, Granola, Cheese Stick,
Graham Crackers
Fruit and Vegetables*

*All of our Beef is
Natural,
Antibiotic/Hormone Free
Local, NY State Beef.*

HELP WANTED

WE ARE LOOKING FOR
SUBSTITUTE PART TIME
FOOD SERVICE WORKERS
IF INTERESTED PLEASE CALL
516.277.7090

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**