





FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>NATURAL, ANTIBIOTIC/ HORMONE FREE LOCAL, NY STATE BEEF IS USED FOR ALL OF OUR BEEF AND STEAK ENTREES.</i></p>	<p>STUDENT LUNCHES ONE COMPLETE LUNCH IS FREE TO ALL STUDENTS</p>	<p>OUR BREADS, WRAPS, ROLLS, PIZZA CRUSTS & PASTAS ARE WHOLE WHEAT (WW) OR WHOLE GRAIN (WG)</p>		<p>1 WG CHICKEN BITES WG PRETZEL BITES OVEN BAKED FRIES ROASTED BROCCOLI ORANGE</p>
<p>4 BAKED ZITI MARINARA, RICOTTA & MOZZARELLA CHEESE GARLIC BREAD SPINACH WITH GARLIC ROASTED ZUCCHINI MELON CUP</p>	<p>5 CHICKEN OR CHEESE QUESADILLA RICE AND BEANS FRESH PICO DE GALLO GUACAMOLE APPLE</p>	<p>6 STROMBOLI DAY CHOOSE ONE CHICKEN PARM MEATBALL PARM VEGGIE WITH CHEESE CAESAR SALAD GRAPES</p>	<p>7 HOT DOG BAR ADD YOUR FAVORITE TOPPINGS CHILI, CHEESE, LETTUCE, TOMATO, ONIONS, JALAPENO TATER TOTS FRESH APPLE SLICES</p>	<p>8 WG CHICKEN TENDERS HOUSE MADE BBQ SAUCE OR HONEY MUSTARD LONG ISLAND ROASTED RED POTATOES FRESH BANANA</p> 
<p>11 SCHOOL CLOSED</p>	<p>12 HERB ROASTED CHICKEN LI GROWN GARLIC MASHED POTATOES DINNER ROLL SAUTEED GREEN BEANS APPLE SLICES</p> 	<p>13 PSAT TESTING MARCHE OPEN FOR GRAB N GO 7:30-12:30</p>	<p>14 FILET MIGNON OVEN BAKED POTATOES GREEN BEANS FRESH APPLE</p>	<p>15 CHICKEN WINGS BONELESS OR REGULAR SOFT PRETZEL CARROT AND CELERY STICKS BLUE CHEESE OR RANCH MELON CUP</p>
<p>18 BREADED CHICKEN PARM HERO OR ALL BEEF MEATBALL PARM HERO ROASTED VEGETABLE MEDLEY ROASTED CAULIFLOWER MELON CUP</p>	<p>19 NACHO PLATE SEASONED BEEF, SEASONED PINTO BEANS, SOUR CREAM, CORN TORTILLA CHIPS FRESH PICO HOUSE MADE CHEESE SAUCE APPLE SLICES</p>	<p>20 CHICKEN SOUVLAKI OR VEGETARIAN FALAFEL MARINATED CHICKEN WITH PEPPERS AND ONION ON A WARM PITA HOUSE MADE TZATZIKI GREEK SALAD FRESH PEAR</p>	<p>21 HAMBURGER OR CHEESEBURGER SAUTEED MUSHROOMS & ONIONS LETTUCE & TOMATO TATER TOTS FRESH APPLE</p>	<p>22 CHICKEN TERIYAKI STEAMED BROWN RICE VEGETABLE EGG ROLL VEGETABLE MEDLEY FRESH PEACH</p>
<p>25 BREADED CHICKEN FILET SANDWICH ADD YOUR FAVORITE TOPPINGS AND HOUSEMADE SAUCES TATER TOTS MELON CUP</p>	<p>26 PASTA BOLOGNESE OR PASTA PRIMAVERA WITH CHEESE GARLIC KNOT LONG ISLAND ROASTED ZUCCHINI SAUTEED SPINACH MELON CUP</p>	<p>27 CHICKEN LO MEIN OR VEGETABLE LO MEIN VEGETABLE EGGROLL BROCCOLI AND GARLIC SAUCE FORTUNE COOKIE FRESH APPLE</p>	<p>28 BEEF AND BEAN CHILI WITH BROWN RICE SOUR CREAM, CHEDDAR CHEESE AND TOMATO CORN TORTILLA CHIPS FRESH BANANA</p>	<p>29 CHICKEN BURRITO BOWL BROWN RICE FRESH PICO DE GALLO BLACK BEAN SALAD SOUR CREAM AND CHEESE FRESH PEAR</p>

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.

All New Viking Deli
Fresh Made to order sandwiches featuring Boars Head deli meats. Featuring our new line of house made Viking sauces. Try it toasted on our new panini press.

All New Pizza of the Day
Cheese Pizza Daily
Monday—Pepperoni
Tuesday—BBQ Chicken
Wednesday—Buffalo Ranch
Thursday—Grandma
Friday—Chicken Caesar

ONE COMPLETE LUNCH IS SERVED AT NO CHARGE TO ALL STUDENTS.

PLEASE FUND LUNCH ACCOUNTS FOR SNACK AND A LA CARTE PURCHASES VIA MY SCHOOL BUCKS OR SEND A CHECK PAYABLE TO NS SCHOOL LUNCH FUND

All Meals Served with Vegetables, Fruit and/or 100% fruit juice and choice of milk

GF - GLUTEN FREE
INGREDIENTS/OPTIONS