





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><i>Our Breads, Wraps, Rolls, Pizza Crusts &amp; Pastas are Whole Wheat (WW) or Whole Grain (WG)</i></p>		<p>1</p> <p>CHICKEN FILET SANDWICH FRENCH FRIES SEASONED BROCCOLI WARM BREADSTICK FRESH ORANGE</p>
<p>4</p> <p>BAKED ZITI MARINARA, RICOTTA &amp; MOZZARELLA SAUTEED BROCCOLI PETITE BANANA</p>	<p>5</p> <p>CHICKEN SOUVLAKI MARINATED CHICKEN PEPPERS &amp; ONIONS ON A WARM PITA TZATZIKI SAUCE GREEK SALAD FRESH APPLE</p> <p>GF W/O PITA</p>	<p>6</p> <p>BEEF MEATBALL PARM HERO ROASTED BROCCOLI FRESH PEAR</p>	<p>7</p> <p>CHEESE QUESADILLA FRESH PICO DE GALLO BLACK BEAN &amp; CORN SALAD APPLE SLICES</p>	<p>8</p> <p>WG CHICKEN BITES WG PRETZEL BITES LI GROWN ROASTED POTATOES MELON CUP</p> 
<p>11</p> <p>SCHOOLS CLOSED</p>	<p>12</p> <p>BUFFALO CHICKEN HERO DICED CHICKEN TOSSED IN OUR OWN SPICY BUFFALO SAUCE HOMEMADE COLESLAW APPLE SLICES</p>	<p>13</p> <p>ALL BEEF HOT DOGS LI GROWN HOMEMADE POTATO SALAD ROASTED BROCCOLI FRESH PEAR</p> 	<p>14</p> <p>CHEESE PIZZA SLICE GARDEN SALAD FRESH ORANGE</p>	<p>15</p> <p>PASTA W. MEATBALLS &amp; MOZZARELLA ROASTED CAULIFLOWER GRAPES</p>
<p>18</p> <p>BREAKFAST FOR LUNCH SCRAMBLED EGGS AND CHEESE ON A KAISER ROLL BREAKFAST POTATOES MELON CUP</p>	<p>19</p> <p>CHICKEN FAJITA BOWL SAUTEED PEPPERS AND ONIONS CILANTRO LIME RICE SEASONED BLACK BEANS SWEET PLANTAINS</p>	<p>20</p> <p>FRENCH BREAD PIZZA GARDEN SALAD FRESH BANANA</p>	<p>21</p> <p>CHICKEN TENDERS WARM BREADSTICK POTATO SMILES CUCUMBER SLICES MELON CUP</p>	<p>22</p> <p>MAC N' CHEESE WG PASTA &amp; CHEDDAR SAUTEED BROCCOLI FRESH APPLE SLICES</p>
<p>25</p> <p>CRISPY CHICKEN WRAP LETTUCE AND TOMATO ROASTED VEGETABLE MEDLEY MELON CUP</p>	<p>26</p> <p>BEEF TACO BOWL CILANTRO LIME RICE, FRESH PICO DE GALLO, LETTUCE, CHEDDAR AND SOUR CREAM SWEET PLANTAINS</p>	<p>27</p> <p>CHICKEN LO MEIN BROWN RICE, CHICKEN, CARROTS, PEAS, SCALLIONS VEGETABLE EGG ROLL SAUTEED BROCCOLI FRESH PEAR</p>	<p>28</p> <p>HAMBURGER -OR- CHEESEBURGER ROASTED CARROT FRIES FRESH APPLE</p>	<p>29</p> <p>PIZZA BAGELS SEASONED BROCCOLI GARDEN SALAD FRESH APPLE</p>

**Daily Alternate Entrées**

GRAB AND GO BOAR'S HEAD  
DELI SANDWICH, LETTUCE &  
TOMATO ON A KAISER ROLL

—  
PLAIN BAGEL W.  
BUTTER/CREAM CHEESE  
CHEESE STICK, YOGURT  
VEGETABLE / FRUIT

—  
WOWBUTTER & JELLY SANDWICH  
VEGETABLE / FRUIT

—  
GRAB AND GO  
SALAD ENTRÉE OF THE DAY

**STUDENT LUNCH**

ONE COMPLETE LUNCH IS FREE  
TO ALL STUDENTS DAILY.

\*All meals include 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 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