



FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All meals served with vegetable, fruit AND choice of 100% fruit juice AND choice of fat free or 1% milk	<i>Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)</i>	1 Yogurt Parfait Vanilla Yogurt w/ Berries & Granola Graham Crackers Carrot Sticks Fresh Fruit	2 NYS Thursday Meatball Parm Hero Green Peas with Garlic and Lemon Garlic Broccoli Fresh Fruit	3 Cheese Pizza Caesar Salad Baby Carrots Fresh Fruit
We Celebrate World Language Week with Foods from Around the World! March 6th—10th!				
6 Chicken Lo Mein Vegetable Egg Roll Seasoned Broccoli Fresh Fruit	7 NYS Beef Tacos Steamed Brown Rice Seasoned Black Beans Lettuce and Cheese Fresh Fruit	8 Croque Monsieur Strata Turkey Sausage Link Breakfast Potatoes Fresh Fruit	9 Chicken Souvlaki Marinated Chicken with Peppers & Onions on a Warm Pita Tzatziki Sauce Greek Salad Fresh Fruit	10 Personal Cheese Pizza Caesar Salad Fresh Fruit
13 Cheese Quesadilla NYS Roasted Corn Seasoned Black Beans Salsa Cup Fresh Fruit	14 Mac & Cheese Seasoned Green Beans Fresh Fruit	15 Chicken Bites Warm Pretzel NYS Seasoned Corn Fresh Fruit	16 Early Dismissal Breakfast Only	17 No Classes
20 Grilled Cheese Roasted Butternut Squash Fresh Fruit	21 Maple Apple French Toast Bake Turkey Sausage Fresh Berries	22 Viking Protein Box Homemade Hummus Cheese, Hard Boiled Egg Fresh Cut Veggies WG Pita Chips Fresh Fruit	23 NYS Thursday Hot Dog on a Bun Seasoned Corn Green Beans Fresh Fruit	24 French Bread Pizza Caesar Salad Fresh Fruit
27 Chicken Filet Sandwich Tater Tots Seasoned Carrots Fresh Fruit	28 NYS Beef Nachos Seasoned Black Beans Shredded Lettuce Shredded Cheddar Fresh Fruit	29 Chicken Bites Warm Pretzel Bites Sweet Potato Fries Baby Carrots Fresh Fruit	30 NYS Thursday NYS Hamburger or Cheeseburger Baked Potato Smiles Fresh Fruit	31 Pizza Bagel Caesar Salad Baby carrots Fresh Fruit

STUDENT LUNCH \$ 3.50
Daily Alternate Entrées

—
Boar's Head
Turkey & Cheese Sandwich

—
Chicken Caesar Salad

—
Sunbutter & Jelly Sandwich

—
Boar's Head Ham & Cheese Sandwich

—
Yogurt Lunch
Yogurt, Granola, NYS Cheese Stick, Graham Crackers
Fruit and Vegetables

All of our Beef is local and Sustainably Raised (no GMO's) on a Family Farm in NYS without antibiotics or hormones.

There are 3 easy ways to fund your child's account:

Go to [MySchoolBucks.com](https://myschoolbucks.com)
To sign up on-line
Cash or Check
In a sealed envelope with your child's name and PIN.
Make check payable to NS School Lunch Fund.

Questions? Call us at 516-277-7090

SERVING NO HFCS
(HIGH FRUCTOSE CORN SYRUP)
TOMATO PRODUCTS

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.

DIETARY CONCERNS?
CALL FOOD SERVICE



STILL HUNGRY?

SNACKS

Apple Slices	\$ 1.00
Baked Lays	\$ 1.25
Cheese Stick	\$ 0.75
Educational Cookies	\$ 1.00
Fresh Fruit, a la carte	\$ 1.00
Hard Boiled Egg	\$ 0.75
Kind Chewy Granola Bars (all flavors)	\$ 1.25
Kind Kids Bar	\$ 1.25
Pirate Booty	\$ 1.25
Pop Chips	\$ 1.50
Pop Corners (GF - all flavors)	\$ 1.25
Raisins (all flavors)	\$ 1.00
Sun Chips	\$ 0.75
Tortilla Chips	\$ 0.75

BEVERAGES

100% Juice 4 oz. (Asst'd flavors)	\$ 0.75
Milk, as a la carte beverage	\$ 0.75
Water, Poland Spring (8 oz)	\$ 0.75

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child's meal account:

1. On-Line go to MySchoolBucks.com
2. Check note student name & PIN payable to "NS School Lunch Fund"
3. Cash (in an envelope with student name & PIN)