



FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>All our Beef is local &amp; Sustainably Raised (no GMO's) on a Family Farm in NYS without antibiotics or hormones.</i>	<b>WE CELEBRATE WORLD LANGUAGE WEEK MARCH 6-10 WITH FOOD FROM AROUND THE WORLD!</b>	1 Chicken Bites or Beyond Meat Tenders Pretzel Bites Roasted Green Beans & Cherry Tomatoes Baked French Fries Fresh Fruit	2 <b>NYS Thursday</b> NYS Hamburger or Cheeseburger Tater Tots Assorted Toppings Fresh Fruit	3 Baked Ziti Roasted Broccoli Warm Breadstick Fresh Fruit
6 <b>Meatless Monday</b> Mediterranean Veggie Plate Falafel on a Warm Pita Homemade Tahini Sauce Assorted Vegetables Fresh Fruit	7 Meat Lasagna Garlic Breadstick Roasted Broccoli Fresh Fruit	8 Chicken Souvlaki Pita Homemade Tzatziki Lemon Rice Pilaf Assorted Vegetables Fresh Fruit	9 Butter Chicken Basmati Rice Assorted Vegetables Warm Naan Bread Fresh Vegetables Fresh Fruit	10 Salmon Teriyaki Garlic Broccoli White Rice Fresh Fruit
13 <b>Meatless Monday</b> Mac & Cheese Seasoned Peas Warm Breadstick Fresh Fruit	14 Beef Nachos Seasoned Beans Fresh Pico de Gallo Lettuce, Cheddar & Sour Cream Fresh Fruit	15 Grilled Chicken Hero Fresh Mozzarella and Homemade Pesto Caesar Salad Fresh Fruit	16 <b>NYS Thursday</b> Pasta & Meatballs Roasted Zucchini Garlic Bread Fresh Fruit	17 <b>St. Patrick's Day Special</b>  Corned Beef Smashed Potatoes Sautéed Cabbage Mini Irish Soda Bread Fresh Fruit
20 <b>Meatless Monday</b> Cheese Quesadilla Seasoned Black Beans Brown Rice Assorted Toppings Fresh Fruit	21 Chicken Teriyaki Vegetable Fried Rice Seasoned Broccoli Vegetable Egg Roll Fresh Fruit	22 Hot Dog Bar Assorted Toppings Roasted Veggies Fresh Fruit	23 <b>NYS Thursday</b> Homemade Beef Sliders Kings Hawaiian Rolls Baked Tater Tots Sautéed Corn Fresh Fruit	24 Eggplant Parm Hero Roasted Zucchini Roasted Broccoli Fresh Fruit
27 <b>Meatless Monday</b> Mediterranean Rice Bowl Assorted Vegetables Greek Salad Homemade Hummus Fresh Fruit	28 Beef Tacos Crunchy Corn or Soft Flour Tortilla Mexican Street Corn Assorted Toppings Fresh Fruit	29 Chicken Bites Baked Tater Tots Warm Pretzel Fresh Fruit	30 <b>NYS Thursday</b> Carne Asada Cilantro Lime Rice Roasted Vegetables Dinner Roll Fresh Fruit	31 Baked Ziti Siciliana Caesar Salad Garlic Bread Fresh Fruit

### STUDENT MEAL PRICES

Hot Lunch \$ 4.00

Deli/Grab n Go \$ 4.25

### Visit the Viking Deli

*Fresh, made to order sandwiches featuring Boar's Head deli meats and our own line of house made Viking sauces. Try it toasted on a panini press.*

### Pizza of the Day

*Cheese Pizza Daily*

*Monday—Vegetable*

*Tuesday—BBQ Chicken*

*Wednesday—Buffalo Ranch*

*Thursday—Grandma*

*Friday—Meatball*

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

Go to MySchoolBucks.com

To sign up on-line

Cash or Check

Make check payable to

NS School Lunch Fund

QUESTIONS? CALL US AT

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.



# STILL HUNGRY?

## Beverages

AHA Sparkling	\$ 1.50
Apple & Eve Juice 8 oz.	\$ 1.50
Core Water	\$ 2.25
Envy Sparkling Juice	\$ 1.50
Essentia Water	\$ 2.25
Gold Peak Iced Tea	\$ 2.25
Hal's Original Seltzer	\$ 1.75
Hint Water	\$ 2.00
Honest Tea	\$ 2.00
Juice Carton (6 oz.)	\$ 0.75
Milk, a la carte	\$ 0.75
Poland Spring (16.9 oz.)	\$ 1.25
Smart Water	\$ 2.25
Snapple 100% Juice	\$ 1.50
Assorted Flavors	
Switch	\$ 1.50

## Coffee-Tea-Hot Chocolate

Iced Coffee, Small	\$ 2.00
Iced Coffee, Large	\$ 3.00
Hot Coffee Small	\$ 1.25
Hot Coffee Large	\$ 2.00
Syrup Blast	\$ 0.50
<u>Hot Tea</u> (Lipton or Bigelow)	
Small	\$ 1.25
Large	\$ 2.00
Hot Chocolate	\$ 1.25

## Yogurt/Frozen

Chobani Yogurt (5.3 oz.)	\$ 1.50
Yogurt Parfait	\$ 3.50
Frozen Yogurt, cup	\$ 2.50
Chloe's Frozen Fruit Bar	\$ 1.50

## Muffins, Bagels & Cereal

Cereal Bowl (Asst'd)	\$ 1.50
Glen Cove Bagel Café Bagel w/ butter or cream cheese	\$ 2.50
Grassroots Muffins/Scones	\$ 3.25
Muffin	\$ 2.00
Oatmeal Bowl	\$ 2.50

## Viking Café Snacks

Apple Slices	\$ 1.00
Baked Kettle Chips	\$ 1.25
Baked Lays	\$ 1.25
Cheese Stick	\$ 0.75
Cliff Kid Z Bars	\$ 1.90
Educational Cookies	\$ 1.00
Fig Newtons	\$ 1.00
Fresh Fruit, a la carte	\$ 1.00
Goldfish (.75 oz.)	\$ 1.00
Hard Boiled Egg	\$ 0.75
Hippeas	\$ 2.25
Hummus	\$ 1.75
Kettlecorn Popcorn	\$ 1.25

Kind Bar	\$ 2.25
Kind Chewy Granola Bar	\$ 1.50
Linden's Cookies	\$ 1.00
Pirate Booty	\$ 1.50
Pop Chips	\$ 1.50
Pop Corners	\$ 1.25
Quaker Granola Bar	\$ 1.00
Raisins (all flavors)	\$ 1.00
Rold Gold Pretzels	\$ 1.50
Skinny Pop	\$ 1.25
Smartfood Popcorn	\$ 1.00
Stacy's Pita Chips	\$ 1.75
Sun Chips	\$ 1.00
Tortilla Chips	\$ 1.00

- There are 3 easy ways to fund your child's meal account:
1. On-Line go to [MySchoolBucks.com](http://MySchoolBucks.com)
  2. Check note student name & PIN payable to "NS School Lunch Fund"
  3. Cash (in an envelope with student name & PIN)