



MIDDLE SCHOOL MENU for September 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 SCHOOL CLOSED	7 <u>Keep Summer Going!</u> All Beef Burgers, Cheeseburger & Veggie Burger Plenty of Toppings Cole Slaw Fresh Summer Peach	8 Monterey Pepper Jack Quesadilla with Southwest Fixin's (Lettuce, Cheese, Fresh Salsa & Sour Cream Fresh Nectarine	9 SCHOOL CLOSED	10
13 French Bread Pizza w/Meatballs or Plain Make Your Own Caesar Salad Fruit Basket	14 <u>Tortilla Tuesday</u> Beef Burrito w/Rice and Beans or Rice/Bean/Cheese (Vegetarian) Tortilla Chips/Fresh Salsa Orange Wedge	15 BBQ Chicken Baked Potato Veggie Sticks or <i>GF</i> Stuffed Baked Potato w/ Cheese Seasonal Fruit	16 <u>TBLT</u> Turkey Bacon, Lettuce, Tomato on Whole Wheat Toast Cole Slaw Watermelon!	17 Homemade Macaroni and Cheese Fresh, Sauteed Zucchini New York State Melon

THIS MENU IS FOR THE FIRST TWO WEEKS OF SCHOOL ONLY. WATCH FOR THE FULL MONTH OF MENUS TO BE POSTED ON THE DISTRICT WEBSITE AFTER THE FIRST WEEK OF SCHOOL. SNACK LISTS AND PRICES WILL ALSO BE AVAILABLE.

WELCOME BACK!!

The *All New* Boar's Head® Deli Bar is Open for Business, featuring all new items and a great choice of fresh

SIGNATURE SANDWICHES!

\$3.75

K I N D E R G A R T E N L U N C H B E G I N S - S E R V E D F A M I L Y S T Y L E

Lunch of The Day always includes:

- Entree
- Side (veg/fruit or juice)
- Choice of Milk \$3.50

A la Carte Beverages
(priced accordingly)

- Horizon Organic 1% White Milk \$1.25
- Honest Kid's® Organic Apple Ever After Juice Pouch \$1.00
- Poland Spring Water Lg \$ 1.25 /Sm \$.75

GF Hummus Platter

AVAILABLE DAILY

Scoop of Hummus with Veggie Sticks and Mini Rice Cakes for Dipping
Choose another side and Make it a Meal!

A List of Healthy Snacks is available on the district website.

Alternative Entrees

Bruschetta Pizza
Tomato w/Basil and Mozzarella on Ciabatta Bread



Whole Grain Peanut Butter & Jelly Rollup



Tuna in Pita w/Salad Fixin's



SALAD BAR
Always Fresh
Always Healthy!
(choice of dressings)

Vinaigrette - Ranch Caesar

GF GLUTEN-FREE

Long Island and Hudson Valley Farmer's Picks!
SWEET CORN, TOMATOES, CUCUMBERS
SWEET PEPPERS, BROCCOLI, MELONS and...CARROTS!

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.