



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 2 Chicken Parmigiana Sandwich Oven-Baked All White Meat Chicken on Roll w. Marinara & Mozzarella Sautéed Green Beans Fresh Fruit | 3 Cheese Quesadilla Black Beans Buttered Corn Tomato Salsa Fresh Fruit | 4 Sausage & Pepper Hero Sweet Pork Sausage w. Red & Green Peppers & Onions on Hero Caesar Salad Fresh Fruit GF w/o Hero | 5 Pita Pizza w. Marinara & Mozzarella Sautéed Broccoli Fresh Fruit | 6 BBQ Chicken Sandwich Chopped Chicken in <i>our own sweet & tangy BBQ sauce</i> on a soft roll Oven-Baked Sweet Potatoes <i>Baked Beans</i> <i>Apple Crisp</i> |
| 9 SCHOOLS CLOSED | 10 Buffalo Chicken Hero <i>Diced Chicken tossed in our own spicy Buffalo Sauce on Hero</i> Oven-Baked Potatoes Fresh Fruit GF w/o Bun | 11 Pasta w. Pesto * <i>Pasta tossed in our own freshly made basil pesto</i> w. Mozzarella Buttered Peas Fresh Fruit *NUT-FREE | 12 From the Ranch... Hamburger -OR- Cheeseburger on bun w. all trimmings Sautéed Mushrooms & Onions Oven-Baked Sweet Potatoes Fresh Fruit GF w/o Bun | 13 French Bread Pizza w. Marinara & Mozzarella Caesar Salad w. Chickpeas & Tomatoes Fresh Fruit |
| 16 Chicken Bites Oven-Baked All White Meat Chicken Garlic Bread Sautéed Broccoli Fresh Fruit | 17 Grilled Cheese -OR- Grilled Cheese w. Ham Oven-Baked Potatoes Garden Salad Fresh Fruit | 18 From the Ranch to you... Beef Taco - GF Soft Flour Tortilla -OR- Corn Tortilla - GF Brown Rice, Black Beans, Salsa, Lettuce, Cheese Sweet Plantains Fresh Fruit GF w/o Soft Tortilla | 19 Baked Ziti Pasta baked w. Marinara, Mozzarella & Ricotta Sautéed Green Beans Fresh Fruit | 20 Turkey Melt Warm Sliced Turkey & Melted Cheese on a Wrap Oven-Baked Sweet Potatoes Fresh Fruit |
| 23 Chicken Filet Sandwich Oven-Baked All White Meat Chicken on Roll w. Lettuce, Tomato & Roasted Red Peppers Fresh Fruit | 24 Bean & Cheese Empanadas w. Salsa & Sour Cream Garden Salad Sweet Plantains Fresh Fruit | 25 BREAKFAST FOR LUNCH! Egg or Egg & Cheese on Roll Tomato Slices Sautéed Spinach Oven-Baked Potato Tots Fresh Fruit GF w/o Roll | 26 Pasta w. Pink Sauce Pasta w. Creamy Tomato Marinara w. Mozzarella, Fresh Basil, & Grated Parmesan Buttered Peas Fresh Fruit | 27 From the Ranch... Beef & Bean Chili - GF w. Brown Rice Cheddar, Tomato & Sour Cream toppings Corn Tortilla Chips - GF Red Pepper Strips Fresh Fruit |
| 30 Chicken Teriyaki - GF Brown Rice Steamed Broccoli Steamed Edamame Fresh Fruit | 31 Burrito Bar Soft Flour Tortilla FILLED WITH YOUR CHOICE OF: Brown Rice, Black Beans, Cheese, Salsa, Tomatoes, Corn Lettuce, Sour Cream Sweet Plantains Fresh Fruit GF w/o Tortilla | All of our Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG) | From the Ranch... Natural, Antibiotic/ Hormone Free Local, NY State Beef is used for all Burgers, Beef Tacos & Beef Chili. | Made From Scratch... Want to know what we make from scratch...? Look for the orange italics on the menu! |

DAILY ALTERNATIVE ENTREES

BOAR'S HEAD® DELI BAR LUNCH

COMPLETE LUNCH W/ VEGETABLE, FRUIT & CHOICE OF MILK

GRAB & GO SALAD MEAL

CHOICES OF:

Chicken Milanese, Chef, Greek
INCLUDES CHOICE OF FRUIT, 100% FRUIT JUICE & CHOICE OF MILK

SALAD BAR

CREATE YOUR OWN
SALAD BAR LUNCH

-OR-

GRAB SOME FRESH VEGGIES
W/ YOUR LUNCH!

CHOICE OF ORGANIC, GLUTEN-FREE DRESSINGS

BALSAMIC, RANCH, CAESAR

PEANUT BUTTER & JELLY
ON WHOLE WHEAT

DELI BAR

STUDENT LUNCH—\$4.25

INCLUDES: VEGETABLE—FRUIT & CHOICE OF MILK

COMPLETE HOT ENTRÉE STUDENT LUNCH - - \$4.00

INCLUDES: VEGETABLE-FRUIT & CHOICE OF MILK

ADULT LUNCH

ENTRÉE LUNCH \$4.50 + TAX

DELI /SALAD BAR LUNCH
\$5.00+ TAX

SERVING NO HFCS
(HIGH FRUCTOSE CORN SYRUP)
TOMATO PRODUCTS
PIZZA SAUCE, KETCHUP, SALSA

GF = GLUTEN FREE
INGREDIENTS/
OPTIONS

CONTACT YOUR PSA/PSO TO LEARN
ABOUT YOUR SCHOOL'S NUTRITION
COMMITTEE

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.

QUESTIONS? CALL US @ 277.7090