



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All our Beef is local & Sustainably Raised (no GMO's) on a Family Farm in NYS without antibiotics or hormones.</i></p>	<p><i>Breads, Wraps, Rolls, Pizza Crusts & Pastas are Whole Wheat (WW) or Whole Grain (WG)</i></p>	<p>All meals served with fruit/100% fruit juice vegetables, and choice of milk</p>	<p>1 Chicken Filet Sandwich Potato Wedges Fresh Fruit</p>	<p>2 Pizza Slice Caesar Salad Fresh Fruit</p>
<p>5 Cinco de Mayo! Cheese Quesadilla Seasoned Corn Tomato Salsa Fresh Fruit</p>	<p>6 Mozzarella Bites Marinara Dipping Sauce Seasoned Zucchini Watermelon</p>	<p>7 Yogurt Parfait with Granola and Fresh Berries Cheese Stick Graham Bears Fresh Fruit</p>	<p>8 Loaded Baked Potato Seasoned Ground Beef Shredded Cheddar Pretzel Bites Fresh Fruit</p>	<p>9 Sicilian Pizza Slice Caesar Salad Baby Carrots Watermelon</p>
<p>12 NY Sabrett Hot Dog String Cheese Baked Potato Wedges Fresh Fruit</p>	<p>13 Beef Tacos Seasoned Black Beans Sweet Corn Brown Rice Fresh Fruit</p>	<p>14 Homemade Hummus Cucumber, Carrots and Peppers Pita Wedges Watermelon</p>	<p>15 Hamburger or Cheeseburger Baked Onion Rings Fresh Fruit</p>	<p>16 Grilled Chicken Caesar Wrap Baked Onion Rings Watermelon</p>
<p>19 New Fan Favorite! Chicken & Waffles 100% Maple Syrup Baked Tater Tots Fresh Fruit</p>	<p>20 Grilled Cheese Roasted Butternut Squash Fresh Fruit</p>	<p>21 Yogurt Parfait with Granola and Fresh Berries Cheese Stick Graham Bears Watermelon</p>	<p>22 Spaghetti and Meatballs Roast Cauliflower Warm Bread Stick Fresh Fruit</p>	<p>23 SCHOOLS CLOSED</p>
<p>26 SCHOOLS CLOSED</p>	<p>27 Chicken Bites Warm Pretzel Baked Potato Wedges Fresh Fruit</p>	<p>28 Homemade Hummus Cucumber, Carrots and Peppers Pita Wedges Fresh Fruit</p>	<p>29 Popcorn Chicken Bowl Mashed Potatoes Shredded Cheddar Seasoned Corn Fresh Fruit</p>	<p>30 Pizza Slice Seasoned Zucchini Watermelon</p>

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

STUDENT LUNCH \$ 3.75

Daily Alternate Entrées

Boar's Head Ham Sandwich

—

Boar's Head

Turkey & Cheese Sandwich

—

Chicken Caesar Salad

—

Sunbutter & Jelly
Sandwich

—

Yogurt Lunch

Yogurt, Cheese Stick

Granola

Graham Crackers

Fruit and Vegetables

—

Grab a bag of baby carrots.

They come with your meal.

Empire Gold

Indicates

NYS/Locally

sourced foods.

STILL HUNGRY?



SNACKS

Apple Slices	\$ 1.00
Appleway Cookies	\$ 1.00
Appleway Bites	\$ 1.00
Baked Lays	\$ 1.50
Cheese Stick	\$ 0.75
Educational Cookies	\$ 1.00
Fresh Fruit, a la carte	\$ 1.00
Hard Boiled Egg	\$ 1.25
Homemade Berry Smoothie	\$ 4.00
Kettlecorn Popcorn	\$ 1.50
Kind Chewy Granola Bars (all flavors)	\$ 1.25
Kind Kids Bars	\$ 1.25
Linden's Cookies	\$ 1.00
Nature's Bakery Fig Bars	\$ 1.75
Pop Chips	\$ 1.50
Pop Corners (GF - all flavors)	\$ 1.25
Raisins/Craisins	\$ 1.00
Skinny Pop Popcorn	\$ 1.50
Sun Chips	\$ 1.50
Tortilla Chips	\$ 1.25
Zee Zee's Asst'd Snacks	\$ 1.00

BEVERAGES

100% Juice 4 oz. (Asst'd flavors)	\$ 0.75
Milk, as a la carte beverage	\$ 1.00
Water, Poland Spring (8 oz)	\$ 0.90

All our snacks meet or exceed
Federal Smart Snack nutrient standards
for calories, sodium, fat and total sugars.

Items subject to availability.