



HIGH SCHOOL VIKING CAFE - MAY 2025

FOR ACCESSIBILITY HELP, PLEASE CALL THE FOOD SERVICE OFFICE 516.277.7090

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All our Beef is local & Sustainably Raised (no GMO's) on a NYS Family Farm without antibiotics or hormones.</i></p>	<p>All meals served with fruit/100% fruit juice vegetables, and choice of milk</p>		<p>1 College Decision Day! Hamburger or Cheeseburger Sautéed Mushrooms & Onions Baked Potato Wedges Fresh Fruit</p>	<p>2 Chicken Pierogi in Tomato Sauce Sautéed Zucchini Warm Breadstick Fresh Fruit</p>
<p>5 Cinco de Mayo! Crunchy or Soft Beef Tacos Rice and Beans Corn Salad Fresh Fruit</p>	<p>6 Herb Roasted Chicken Onion Rings Garlic Broccoli Dinner Roll Fresh Fruit</p>	<p>7 Baked Potato Bar Beef Chili Assorted Toppings Warm Breadstick Fresh Fruit</p>	<p>8 New Fan Favorite! Chicken & Waffles 100% Maple Syrup Mixed Berries Breakfast Potatoes Fresh Fruit</p>	<p>9 Mac and Cheese Roasted Zucchini Warm Soft Pretzel Fresh Fruit</p>
<p>12 Meatless Monday Pumpkin Ravioli in Brown Butter & Sage Butternut Squash Fresh Fruit</p>	<p>13 Teriyaki Chicken Steamed Brown Rice Vegetable Eggroll Seasoned Broccoli Fresh Fruit</p>	<p>14 Create your own Yogurt Parfait Greek Yogurt String Cheese Assorted Berries Granola Graham Crackers</p>	<p>15 Meatballs and Spaghetti Roasted Cauliflower Warm Breadstick Fresh Fruit</p>	<p>16 Chicken Parm Sandwich Sautéed Zucchini Tossed Salad Fresh Fruit</p>
<p>19 Meatless Monday Baked Cheese Ravioli Warm Breadstick Seasoned Green Beans Fresh Fruit</p>	<p>20 Beef Nachos Assorted Toppings Tomato Salsa Seasoned Corn Fresh Fruit</p>	<p>21 Grilled Chicken Sandwich Fresh Mozzarella Roasted Red Pepper Homemade Pesto Chickpea Salad Fresh Fruit</p>	<p>22 Chicken Bites Warm Pretzel Baked Potato Wedges Green Beans Fresh Fruit</p>	<p>23 SCHOOLS CLOSED</p>
<p>26 SCHOOLS CLOSED</p>	<p>27 Chicken or Cheese Quesadilla Steamed Rice Seasoned Black Beans Tomato Salsa Fresh Fruit</p>	<p>28 Meatball Parm Hero Seasoned Broccoli Fresh Fruit</p>	<p>29 Salad Bar Assorted Vegetables Meats and Cheese Dinner Roll Fresh Fruit</p>	<p>30 Chicken Filet Sandwich Assorted Toppings Baked Potato Wedges Fresh Fruit</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 MEAL PRICES

Hot Lunch \$ 4.25
Deli/Grab n Go \$ 4.50

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—Buffalo Chicken

Wednesday—BBQ Chicken

Thursday—Chicken Caesar

Friday—Meatball

Empire Gold

Indicates

NYS/Locally

sourced foods.



STILL HUNGRY?

Beverages

Coconut Water	\$ 2.00
Envy Sparkling Juice	\$ 1.75
Essentia Water	\$ 2.25
Florida's Natural Juice (14 oz)	\$ 2.50
Hal's Original Seltzer	\$ 1.75
Hint Water	\$ 2.00
Horizon Organic Milk	\$ 1.85
Juice Box (6 oz.)	\$ 0.75
Just Iced Tea	\$ 2.00
Milk, a la carte	\$ 1.00
Poland Spring (16.9 oz.)	\$ 1.40
Snapple 100% Juice (Assorted Flavors)	\$ 1.50
Switch	\$ 1.75
Swoon	\$ 2.00

Coffee-Tea-Hot Chocolate

Iced Coffee, Small	\$ 2.25
Iced Coffee, Large	\$ 3.25

Hot Coffee Small	\$ 1.50
Hot Coffee Large	\$ 2.25
Syrup Blast	\$ 0.50

Hot Tea (Lipton or Bigelow)

Small	\$ 1.25 / \$ 1.50
Large	\$ 1.75 / \$ 2.25

Hot Chocolate	\$ 1.50
---------------	---------

Viking Café Snacks

Apple Slices	\$ 1.00
Baked Kettle Chips	\$ 1.50
Baked Lays	\$ 1.50
Cheese Stick	\$ 0.75
Cliff Kid Z Bars	\$ 2.00
Drizzilicious Rice Cakes	\$ 1.25
Educational Cookies	\$ 1.00
Fresh Fruit, a la carte	\$ 1.00
Funyons	\$ 1.00
Goldfish (.75 oz.)	\$ 1.00
Hal's Pretzels	\$ 2.00
Hard Boiled Egg	\$ 1.25
Hippeas	\$ 2.25
Kettlecorn Popcorn	\$ 1.50
Kind Bar	\$ 3.00
Kind Chewy Granola Bar	\$ 1.50
Linden's Cookies	\$ 1.00
Nature's Bakery Fig Bars	\$ 1.75
Nature Valley Granola Bars	\$ 1.25
Pop Chips	\$ 1.50
Pop Corners	\$ 1.50
Raisins/Craisins	\$ 1.00
Skinny Pop	\$ 1.50
Smart Fries	\$ 1.25
Sun Chips	\$ 1.50
Tortilla Chips	\$ 1.25
Uncrustable	\$ 2.50

Yogurt/Frozen

Upstate Farms Yogurt (4 oz.)	\$ 1.50
Yogurt Parfait	\$ 3.50
Frozen Yogurt, cup	\$ 3.00
Ice cream novelties/pops	\$1.00 - \$ 1.50

Muffins, Bagels & Cereal

Cereal Bowl (Asst'd)	\$ 1.50
Long Island Bagel Café Bagel (butter or cream cheese)	\$ 2.50
Grassroots Muffins/Scones	\$ 3.50
Muffin	\$ 2.00
Oatmeal Bowl	\$ 3.00

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

Items subject to availability.