



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All our Beef is local &amp; Sustainably Raised (no GMO's) on a Family Farm in NYS without antibiotics or hormones.</i></p>	<p>All meals served with vegetable, fruit AND choice of 100% fruit juice AND choice of fat free or 1% milk</p>	<p><i>Breads, Wraps, Rolls, Pizza Crusts &amp; Pastas are Whole Wheat (WW) or Whole Grain (WG)</i></p>	<p>1 <b>Hamburger or Cheeseburger</b> Your Favorite Toppings Onion Rings Chickpea Salad Fresh Fruit</p>	<p>2 BLT Sandwich Broccoli Nuggets Tomato &amp; Cucumber Salad Fresh Fruit</p>
<p>5 <b>Cinco de Mayo!</b> Chicken &amp; Cheese Empanadas Mexican Rice <b>Seasoned Corn</b> Fresh Fruit</p>	<p>6 <b>NYS Beef Taco</b> Seasoned Black Beans Brown Rice Your Favorite Toppings Fresh Fruit</p>	<p>7 Chicken Souvlaki on a warm Pita Peppers &amp; Onions Homemade Tzatziki Greek Salad Fresh Fruit</p>	<p>8 <b>New Fan Favorite!</b> <b>Meatball Parm</b> in a Bread Kone Sautéed String Beans Fresh Fruit</p>	<p>9 Pizza Bagel Caesar Salad Fresh Fruit</p>
<p>12 Mozzarella Bites Homemade Marinara Onion Rings <b>Sautéed String Beans</b> Fresh Fruit</p>	<p>13 <b>Grilled Chicken</b> Sandwich French Fries Garden Salad Fresh Fruit</p>	<p>14 Baked Potato Bar Assorted Toppings Garlic Breadstick Fresh Fruit</p>	<p>15 <b>Pasta w/ Meatballs</b> Garlic Bread Sautéed Cauliflower Fresh Fruit</p>	<p>16 Chicken Fajita w/ Peppers &amp; Onions Brown Rice Fresh Fruit</p>
<p>19 <b>Sabrett Hot Dog Bar</b> Onion Rings Assorted Toppings Sautéed Broccoli Fresh Fruit</p>	<p>20 <b>NYS Beef Nachos</b> Brown Rice <b>Black Beans</b> Your Favorite Toppings Fresh Fruit</p>	<p>21 Grilled Cheese Homemade Tomato Soup Baked French Fries Fresh Fruit</p>	<p>22 <b>Chicken &amp; Waffles</b> <b>100% Maple Syrup</b> Hash Browns Fresh Fruit</p>	<p>23 SCHOOLS CLOSED</p>
<p>26 SCHOOLS CLOSED</p>	<p>27 Chicken Filet Sandwich Onion Rings Sautéed Broccoli Fresh Fruit</p>	<p>28 Mac &amp; Cheese Roasted Cauliflower Garlic Breadstick Fresh Fruit</p>	<p>29 <b>Salad Bar Day!</b> Assorted Vegetables Meats &amp; Cheese Dinner Roll Fresh Fruit</p>	<p>30 Cheese Pizza Sautéed Zucchini 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

### DAILY ALTERNATES

#### Grab n Go Sandwiches

Asst'd Boar's Head Sandwiches

Tuna Salad

Egg Salad

—

#### Grab n Go Entrée Salads

Chicken Caesar

Chicken Milanese

Chef's Salad

Greek Salad

Cobb Salad

—

Sunbutter & Jelly Sandwich

—

#### BAGEL LUNCH

Your choice of

butter or cream cheese

NY Yogurt Cup, NY Cheese Stick  
Fruit and Vegetables

**\*Empire Gold\***

**Indicates**

**NYS/Locally**

**sourced foods.**



## STILL HUNGRY?

### 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
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 Bar	\$ 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

### BEVERAGES

Capri Sun	\$ 1.00
Envy Sparkling	\$ 1.75
Florida's Natural 100% Juice (10 oz)	\$ 1.75
Hal's Seltzers	\$ 1.75
Hint Water	\$ 2.00
Juice (Asst'd 4 oz.)	\$ 0.75
Milk (skim or 1%)	\$ 1.00
Poland Spring (16.9 oz.)	\$ 1.40
Snapple 100% Juice (Asst'd)	\$ 1.50
Switch Sparkling	\$ 1.75

### \*NEW\*

Ice Cream Novelties	\$ 1.00 - \$ 1.50
---------------------	-------------------

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

Items subject to availability.