

Monday

NO SCHOOL

2

Tuesday

Breakfast Sandwich
(sausage, egg, & cheese on a
Kaiser roll)
Sweet Potato Home Fries
Assorted Fruit
NYS Milk

3

Wednesday

Popcorn Chicken
Crinkle Fries
Assorted Fruit
NYS Milk

4

Thursday

BBQ Chicken Quesadilla
Ranch Dip
Black Beans & Corn
Assorted Fruit
NYS Milk

5

Friday

Cheese Pizza
Cucumbers & Dip
Assorted Fruit
NYS Milk

6

French Toast Sticks
Maple Syrup
Home Fries
Assorted Fruit
NYS Milk

9

Three Cheese Pasta
Garlic Breadstick
Broccoli
Assorted Fruit
NYS Milk

10

Chicken Tenders
Garlic Breadstick
Garden Salad
Assorted Fruit
NYS Milk

11

Taco Bowl
(tortilla bowl, brown rice, fajita
chicken, shredded cheese, let-
tuce, salsa)
Super White Bean Salad
Assorted Fruit
NYS Milk

12

Cheese Pizza
Green Beans
Assorted Fruit
NYS Milk

13

NO SCHOOL

16

Breakfast for Lunch
Maple Syrup
Sweet Potato Home Fries
Assorted Fruit
NYS Milk

17

Crispy Chicken Sandwich
Roasted Potato Wedges
Assorted Fruit
NYS Milk

18

Grilled Cheese
Tomato Soup
Carrots & Dip
NYS Apple Slices
NYS Milk

19

Cheese Pizza
Roasted Cauliflower
Assorted Fruit
NYS Milk

20

Chicken & Waffles
Maple Syrup
Sweet Potato Home Fries
Assorted Fruit
NYS Milk

23

General Tso Chicken
Dumpling/Fried Rice/Egg Roll
Steamed Broccoli
Assorted Fruit
NYS Milk

24

Tara Kitchen Chicken with
Apricot Prune Sauce
Rice
Broccoli
Assorted Fruit
NYS Milk

25

Baked Macaroni & Cheese
Garlic Breadstick
Broccoli
Assorted Fruit
NYS Milk

26

Cheese Pizza
Cucumbers & Dip
Assorted Fruit
NYS Milk

27

Pancakes
Maple Syrup
Home Fries
Assorted Fruit
NYS Milk

30

Pasta with Meat Sauce
Dinner Roll
Garlic Green Beans
Assorted Fruit
NYS Milk

31

[Enter Additional Info]

2022-2023

Breakfast & Alternate Lunch Options

Breakfast Choices:

Assort. Cereals
Bagel w/cream cheese
Muffin

Served with: 100% fruit juice, fruit of the day, and choice of milk

Alternate Lunch Options:

Hummus w/Chips
Bagel, Yogurt and Cheese Stick
Sandwich of the Day
(Mon. Turkey, Tues. Ham, Weds. Soy Butter & Jelly, Thurs. Ham and Fri. Turkey)

Served with: fruit, vegetable, choice of milk



Our food service department wants to prevent food waste! If there are any items in your school lunch that are prepackaged, remember to pack them up and save them for later. Cheese sticks, apples, Craisins, or fruit cups would be great for an afternoon snack!



We are striving to support our New York State food producers. Items highlighted in green are NYS food products.

Pork Free Protein available

