

School Lunch
Superhero Day!

Monday

Tuesday

Wednesday

Thursday

Friday

1
French Toast Sticks
Sausage Links
Sweet Potato Home Fries
Assorted Fruit & Syrup
100% Juice Cup
NYS Milk

2
Taco Salad
(Lettuce, Cheese, Black Beans)
Tortilla Chips & Salsa Cup
Assorted Fruit
NYS Milk

3
BBQ Pulled Pork Sandwich
Baked Chips
Rainbow Pepper Sticks & Dip
Assorted Fruit
NYS Milk

4
Orange Chicken
Steamed Rice & Egg Roll
Groovy Green Beans
Assorted Fruit
NYS Milk

5
 Chef's Choice
Caesar Salad
Assorted Fruit
NYS Milk

8
Crispy Chicken Sandwich
Seasoned Curly Fries
Fresh Veggie Cup w/Dip
Assorted Fruit
NYS Milk

9
Chicken & Cheese
Quesadilla
Salsa Cup & Sour Cream
Cooked Corn
Assorted Fruit
NYS Milk

10
Breaded Mozzarella Sticks
Marinara Sauce
Fresh Veggies & Hummus
Assorted Fruit
Banana Bread Slice
NYS Milk

11
Chicken Alfredo Pasta
Garlic Breadstick
Steamed Broccoli
Assorted Fruit
NYS Milk

12
Chef's Choice
Green Salad
Assorted Fruit
NYS Milk

15
Breakfast Sandwich
(bacon/egg/cheese or egg/cheese)
Chobani Yogurt Cup
Home Fries
Assorted Fruit
NYS Milk

16
Pulled Beef Sliders
Coleslaw
Grape Tomatoes
Assorted Fruit
NYS Milk

17
Double Hot Dog Day
Corn on the Cob (1/2)
Pasta Salad
Assorted Fruit
NYS Milk

18
Popcorn Chicken
Buttery Mashed Potatoes
Biscuit & Coleslaw
Assorted Fruit
NYS Milk

19
Chef's Choice
Caesar Salad
Assorted Fruit
NYS Milk

22
Chicken Tenders
w/assorted dipping sauces
Sweet Potato Wedges
Fresh Veggie Cup w/Dip
Assorted Fruit
NYS Milk

23
Gen Tso's Chicken
Steamed Rice & Egg Roll
Steamed Broccoli
Assorted Fruit
NYS Milk

24
Bosco Breadsticks
Marinara Sauce
Fresh Veggies & Hummus
NYS Grape Juice Slushy
Assorted Fruit & **NYS Milk**

25
Buffalo Chicken
Macaroni & Cheese
Groovy Green Beans
Assorted Fruit
NYS Milk

26
Chef's Choice
Green Salad
Assorted Fruit
NYS Milk

29
Memorial Day (Observed)
NO SCHOOL

30
Ultimate Nachos
(lettuce, salsa, sour cream,
jalapenos, black beans)
Cooked Corn
Assorted Fruit
NYS Milk

31
Burger Choice
(plain, cheese, bacon)
French Fries
Celery/Carrot Sticks & Dip
Assorted Fruit
NYS Milk



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

Pork Free Menu is Available Daily Upon Request (turkey alternatives)

Menu is subject to change, notice posted when available. The institution is an equal opportunity provider



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!



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Pork Free Protein available

