

School Lunch
Superhero Day!



CINCO de MAYO

Monday

Tuesday

Wednesday

Thursday

Friday

1
Fluffy Pancakes
Sausage Links
Tater Tots
Assorted Fruit & Syrup
100% Orange Juice Cup
NYS Milk

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

3
Ham & Cheese Croissant
Goldfish Crackers
Rainbow Pepper Sticks & Dip
Assorted Fruit
NYS Milk

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

5
Fresh Pizza
Roasted Broccoli
Assorted Fruit
NYS Milk

8
Chicken Nuggets
Corn Muffin
French Fries & Peas/Carrots
Assorted Fruit
NYS Milk

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

10
Wild Mike's Cheesy Bites
Marinara Sauce
Fresh Veggies & Hummus
Assorted Fruit
NYS Milk

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

12
Fresh Pizza
Fresh Veggie Cup
(Grape Tomatoes/Cucumbers)
Assorted Fruit
NYS Milk

15
French Toast Sticks
Yogurt Cup
Sweet Potato Wedges
Assorted Fruit & Syrup
NYS Milk

16
Loaded Soft Shell Tacos
w/Black Beans, Salsa, Sr Cream
100% Juice Cup
Assorted Fruit
NYS Milk

17
Hot Dog on a Bun
Corn on the Cob (1/2)
Confetti Veggie Pasta Salad
Assorted Fruit
NYS Milk

18
Popcorn Chicken & Biscuit
Buttery Mashed Potatoes
Fresh Veggie Cup
(Grape Tomatoes/Broccoli)
Assorted Fruit
NYS Milk

19
Fresh Pizza
Steamed Mixed Veggie
Assorted Fruit
NYS Milk

22
Chicken Nuggets
Garlic Breadstick or Roll
Tater Tots & Peas/Carrots
Assorted Fruit
NYS Milk

23
Ultimate Nachos
(Cheese & Refried Bean)
Celery/Pepper Sticks & Dip
Assorted Fruit
NYS Milk

24
Crispy Chicken Sandwich
Baked Chips
Roasted Broccoli
Assorted Fruit
NYS Milk

25
Macaroni & Cheese
Fresh Veggie Cup
(Grape Tomatoes/Cucumbers)
Assorted Fruit
Cookie
NYS Milk

26
Fresh Pizza
Garlic Roasted Asparagus
Assorted Fruit
NYS Milk

29
Memorial Day (Observed)
NO SCHOOL

30
Ham or Cheeseburger
French Fries
Rainbow Pepper Sticks & Dip
Assorted Fruit
NYS Milk

31
Taco Salad
(Lettuce, Cheese, Black Beans)
Tortilla Chips & Salsa Cup
Assorted Fruit
NYS Grape Juice Slushy
NYS Milk



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

In collaboration with



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

