

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  
Chicken Parm Sandwich  
Baked Beans  
Assorted Fruit  
**NYS Milk**

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

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

5  
**Fresh Pizza**  
Roasted Broccoli  
Assorted Fruit  
**NYS Milk**

8  
Chicken Nuggets  
Texas Toast  
French Fries & Peas/Carrots  
Assorted Fruit  
**NYS Milk**

9  
Chicken Tenders  
Smile Fries  
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  
Chicken Nuggets  
Cucumber Slices  
100% Juice Cup  
Assorted Fruit  
**NYS Milk**

17  
Hot Dog on a Bun  
Corn  
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 or Pizza  
(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  
Hamburger or Cheeseburger  
French Fries  
Rainbow Pepper Sticks & Dip  
Assorted Fruit  
**NYS Milk**

31  
Pasta and Meat Sauce  
Garlic Bread  
Green Beans  
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



\*\* May 17<sup>th</sup>'s menu was created in collaboration with Bowman's Boces Class\*\* **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

