


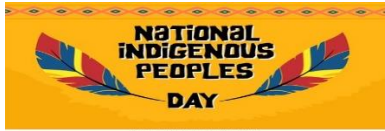







Complete Meal: a student must take at least **3 of the 5 different components** offered (bread/grain; meat/meat alternative; fruit; vegetable; and milk) One **MUST** be a fruit or a vegetable. If a child has questions about a complete meal, please encourage him/her to ask the food service staff. Thank you!

Makes checks payable to **Onteora CSD Food Service** or payment may be applied on-line through the parent portal



Breakfast is Available Daily at all schools.


MS/HS: Base Menu for 7-8 and 9-12 Meal Pattern		Onteora Central School District				October 2022
Monday	Tuesday	Wednesday	Thursday	Friday		
Monday 3 "Smackers" Popcorn Chicken or *Southwest Veggie Bread Bowl* Oven Baked Potato Wedges Corn and Assorted Fruit	Tuesday 4 Cheese Lasagna in Marinara with Whole Wheat Italian Bread Green Beans & Assorted Fruit	Wednesday 5  School Closed	Thursday 6 Mandarin Orange Chicken Or *Tofu and Vegetable Stir Fry* With Brown Rice, Broccoli and Assorted Fruit	Friday 7 Individual Round Pizza Salad of Mixed Greens Assorted Fruit		
Monday School Closed 10 	Tuesday Try It Tuesday 11 Chicken Patty or *Veggie Burger* on a Whole Wheat Bun, with Roasted Brussels Sprouts and Assorted Fruit	Wednesday 12 Fish Bites or *Veggie Nuggets* Oven Baked Fries, with Broccoli and Assorted Fruit 	Thursday 13 "Grilled" Cheese Sandwich Home-Style Tomato Soup Carrot Crunchers and Assorted Fruit	Friday 14 French Bread Pizza Salad of Mixed Greens Assorted Fruit		
Monday 17 Boneless Chicken Wings or *Veggie Nuggets* Oven Baked Fries, Green Beans and Assorted Fruit	Tuesday  18 Chickpea Biryani (Indian Cuisine-Brown Rice, Chickpeas and Cauliflower) Kale Salad and Assorted Fruit	Wednesday 19  School Closed Conference Day	New York Thursday 20 NY Breakfast for Lunch French Toast Bake with Fresh Whipped Cream, Oven Roasted Potato Home Fries And Apple Slices and/or Warm Apple Cider	Friday 21 Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit		
Monday 24 BBQ Chicken Patty on a Whole Wheat Bun or *Veggie Nuggets* with BBQ Sauce Corn and Assorted Fruit	Tuesday 25 Ham and Cheese Panini or *Eggplant, Tomato, and Mozz. Panini* with Baked Beans, Broccoli Salad and Assorted Fruit	Wednesday 26 Chicken or *Chickpea* Fajitas with whole wheat Tortillas, Peppers and Onions, Corn Salsa, Shredded Cheese and Assorted Fruit	Thursday 27 Meatball or *Eggplant Parm* Hero on a Whole Wheat Roll with Multi-Bean Salad and Assorted Fruit	Friday 28 Individual Round Pizza Salad of Mixed Greens Assorted Fruit		
Monday 31  Mozzarella Sticks with Marinara, Caesar Salad and Assorted Fruit		New York Thursday's: Each Month we will be celebrating NY State products by crafting a menu around our State's bounty. Watch for NY Thursdays on the website and social media to see which farms the items are from.		Breakfast and Lunch is Still FREE for K-6 students for the 2022-2023 School Year!		

Offered Daily: Local 1%, Skim Milk and Fat Free Chocolate Milk \$0.50

Adult Meals \$4.92+TAX= \$5.31


	Breakfast	Lunch	Second Lunch
K-6	AT NO COST	AT NO COST	\$3.00
7-8	\$1.60	\$2.60	\$3.50
9-12	\$1.60	\$2.85	\$3.75
Reduced	AT NO COST	AT NO COST	See grade above

***Suitable for Vegetarian Diet* (most can be adjusted for Vegan Diet)**

 - Suitable for Vegan Diet

Available Daily:

Sandwiches: Tuna, Turkey, Ham, and/or Cheese or

Sunbutter (sunflower seed spread ) and Jelly.

Salad Plates: Tuna, Chef, Chicken Caesar, Cheese with Fruit, or a

Hummus Platter with Pita and Veggies ()

Veggies: Carrot Crunchers and extra servings of vegetable offered

Try It Tuesday: In efforts to get our students to try new foods such as fruits, vegetables, beans, legumes and grains, we feature a "Try it Tuesday" each month. All students, whether they buy lunch that day or not, can have a taste of the featured item. Please encourage your child(ren) to "Try It" each month.

This organization is an equal opportunity provider and employer.

Menu subject to change without notice