



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.

Elementary Lunch October 2022

Onteora Central School District

Monday	Tuesday	Wednesday	Thursday	Friday
3 "Smackers" Popcorn Chicken or *Southwest Veggie Bread Bowl* Oven Baked Potato Wedges Corn and Assorted Fruit	4 Cheese Lasagna in Marinara with Whole Wheat Italian Bread Green Beans & Assorted Fruit	5 School Closed	6 Mandarin Orange Chicken Or *Tofu and Vegetable Stir Fry* With Brown Rice, Broccoli and Assorted Fruit	7 Individual Round Pizza Salad of Mixed Greens Assorted Fruit
10 School Closed	11 Try It Tuesday Chicken Patty or *Veggie Burger* on a Whole Wheat Bun, with Roasted Brussel Sprouts and Assorted Fruit	12 Fish Bites or *Veggie Nuggets* Oven Baked Fries, with Broccoli and Assorted Fruit	13 "Grilled" Cheese Sandwich Home-Style Tomato Soup Carrot Crunchers and Assorted Fruit	14 French Bread Pizza Salad of Mixed Greens Assorted Fruit
17 	18 ✓ Chickpea Biryani (Indian Cuisine-Brown Rice, Chickpeas and Cauliflower) Kale Salad and Assorted Fruit	19 School Closed Conference Day	20 New York Thursday <u>NY Breakfast for Lunch</u> French Toast Bake with Fresh Whipped Cream, Oven Roasted Potato Home Fries And Apple Slices and/or Warm Apple Cider	21 Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit
24 BBQ Chicken Patty on a Whole Wheat Bun or *Veggie Nuggets* with BBQ Sauce Corn and Assorted Fruit	25 Ham and Cheese Panini or *Eggplant, Tomato, and Mozz. Panini* with Baked Beans, Broccoli Salad and Assorted Fruit	26 Chicken or *Chickpea* Fajitas with whole wheat Tortillas, Peppers and Onions, Corn Salsa, Shredded Cheese and Assorted Fruit	27 Meatball or *Eggplant Parm* Hero on a Whole Wheat Roll with Multi-Bean Salad and Assorted Fruit	28 Individual Round Pizza Salad of Mixed Greens Assorted Fruit
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