

LUNCH MENU* Middle/High School

<p>28</p> <p>Hot & Spicy Chicken Patty Whole Grain Bun Oven Baked Fries Seasoned Carrots Fresh Fruit</p>	<p>29</p> <p>Taco: Hard or Soft Shell Seasoned Beef Rice, Shredded Cheese, Salsa Vegetarian Beans Fresh Fruit</p>	<p>30</p> <p>Penne Pasta Homemade Meat or Marinara Sauce Italian Bread Garden Salad W/Tomatoes and Shredded Carrots Fruit</p>	<p>1</p> <p>Meat Ball Hero Homemade Marinara Sauce Green Bean Salad Fruit</p>	<p>2</p> <p>Bistro Burger or Veggie Burger/Bun Lettuce, Tomato, Pickles Oven Baked Fries Oranges Slices</p>	<p><u>Daily Sandwich Choices</u> Choice of bread: Whole Grain, Kaiser Roll, Whole grain bread, Whole Grain Wrap, and Rye bread. Homemade Tuna, Deli Turkey, American Cheese, Hummus w/Pita Sun Butter w/Jelly Turkey & American Cheese <u>Salads:</u> Homemade salads are made with three types of lettuce (Romaine, Iceberg and Red Leaf) <u>Salads:</u> Are offered plain or with a protein (Veggie Salad/Chef Salad) <u>Veggie Wrap:</u> Made with Lettuce, Tomato, Shredded Carrots, and Red Peppers <u>Burritos:</u> 1.Chicken 2.Vegetarian <u>Hot lunch Alternative:</u> One option offered each day <u>Cost of Lunch:</u> \$3.15 SUGGESTIONS WELCOME! Tracy Gilet Director of Food Service 516 203-3600 ext. 3258 This institution is an equal opportunity provider and employer.</p>
<p>Lunch Alternative: Homemade Chicken Burrito Homemade Vegetarian Burrito Salad Station: Freshly Made Garden Salad Chef Salad Freshly Made Sandwiches</p>	<p>Lunch Alternative: Homemade Chicken Burrito Homemade Vegetarian Burrito Salad Station: Freshly Made Garden Salad Chef Salad Freshly Made Sandwiches</p>	<p>Lunch Alternative: Homemade Chicken Burrito Homemade Vegetarian Burrito Salad Station: Freshly Made Garden Salad Chef Salad Freshly Made Sandwiches</p>	<p>Lunch Alternative: Homemade Chicken Burrito Homemade Vegetarian Burrito Salad Station: Freshly Made Garden Salad Chef Salad Freshly Made Sandwiches</p>	<p>Lunch Alternative: Homemade Chicken Burrito Homemade Vegetarian Burrito Salad Station: Freshly Made Garden Salad Chef Salad Freshly Made Sandwiches</p>	
<p>Deli Turkey Homemade Tuna Salad American Cheese Sandwich Combo American Cheese w/Deli Turkey Vegetarian Veggie Wrap **All Meals are Offered With</p>	<p>Deli Turkey Homemade Tuna Salad American Cheese Sandwich Combo American Cheese w/Deli Turkey Vegetarian Veggie Wrap Hummus w/cucumber/Pita Protein, Vegetable, Fruit,</p>	<p>Deli Turkey Homemade Tuna Salad American Cheese Sandwich Combo American Cheese w/Deli Turkey Vegetarian Veggie Wrap Hummus w/cucumber/Pita Egg Salad Grain, And Milk</p>	<p>Deli Turkey Homemade Tuna Salad American Cheese Sandwich Combo American Cheese w/Deli Turkey Vegetarian Veggie Wrap Hummus w/cucumber/Pita Egg Salad</p>	<p>Deli Turkey Homemade Tuna Salad American Cheese Sandwich Combo American Cheese w/Deli Turkey Vegetarian Veggie Wrap Hummus w/cucumber/Pita Egg Salad</p>	

