



# September 2024

6-8



## Lunch IROQUOIS



NYS Apples  
NYS Corn  
NYS Cucumber  
NYS Roma Tomatoes

| Monday                                                                                                                                       | Tuesday                                                                                                                                                                   | Wednesday                                                                                                                  | Thursday                                                                                                                                        | Friday                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                              | <b>NO SCHOOL</b>                                                                                                                                                          | 3<br>Cheeseburger On a WG Roll<br><br>Broccoli 1/2c<br>Green Beans 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 4<br>Mozzarella Sticks<br>Dipping Sauce on Side<br><br>Corn 1/2c<br>Fresh Carrots 3/4c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>       | 5<br>Chicken Alfredo Over Pasta<br><br>Romaine Lettuce=1/2c<br>Steamed Carrots 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>                          |
| 9<br>Chicken Patty On WG roll<br><br>Mixed Vegetables 1/2c<br>Broccoli 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>               | 10<br>Tostitos Nachos Grande<br>Sour Cream & Salsa<br><br>Black Beans 1/2c<br>Corn 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>                                | 11<br>Grilled Cheese Sandwich<br><br>Sweet Potatoes 1/2c<br>Peas 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>   | 12<br>Teriyaki Chicken Over Rice<br><br>Steamed Carrots 3/4c<br>Green Beans 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>             | 13<br>Loaded French Fries<br>Taco Meat & Cheese<br><br>Sliced Green Peppers 1/2c<br>1c Romaine Lettuce= 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> |
| 16<br>Chicken Tenders<br>Seasoned Noodles<br><br>Fresh Carrots 3/4c<br>Peas 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>          | 17<br>Taco In a Bag<br>Lettuce & Cheese<br>Sour Cream & Salsa<br><br>Black Beans 1/2c<br><b>NYS Roma Tomatoes 1/2c</b><br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 18<br>Macaroni & Cheese<br><br>Mixed Vegetables 1/2c<br>Corn 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>       | 19<br>Pizza Day!!!<br><br><b>NYS Cucumbers 1/2c</b><br>Fresh Carrots 3/4c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>                    | 20<br>Oven Roasted Chicken<br><br>1c Romaine Lettuce=1/2c<br>Green Beans 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>                                |
| 23<br>Popcorn Chicken<br>Seasoned Rice<br><br>Steamed Carrots 3/4c<br>Baked Beans 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>    | 24<br>Taco Lettuce & Cheese<br>Sour Cream & Salsa<br><br>Green Beans 1/2c<br><b>NYS Roma Tomatoes 1/2c</b><br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>             | 25<br>Chicken Nuggets<br><br>Broccoli 1/2c<br>Roasted Potatoes 1/2c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b>     | 26<br>Pasta & Meatballs<br>Garlic Roll<br><br>1c Romaine Lettuce=1/2c<br><b>NYS Corn 1pc</b><br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> | 27<br>Grilled Cheese Sandwich<br><br>Fresh Carrot & Celery Sticks 1/2 c<br>Mixed Vegetables 1/2 c<br>Fresh or Prepared Fruit 1/2 c<br><b>Milk-8oz</b>           |
| 30<br>Chicken Parm Sandwich<br><br><b>NYS Sliced Cucumbers 1/2c</b><br>Fresh Carrots 3/4c<br>Fresh or Prepared Fruit 1/2c<br><b>Milk-8oz</b> |                                                                                                                                                                           |                                                                                                                            |                                                                                                                                                 |                                                                                                                                                                 |

**NYS LOCAL FOODS**  
 \*Upstate Farms  
 Milk, Yogurt, Sour Cream  
 \*LynOaken Farms  
 Assorted Varieties of Apples  
**Eden Valley Growers**  
 Assorted Fruits & Vegetables  
used in Meal Program  
highlighted in green

**The Following Entrees Served Daily:**

6 “Subs and Wraps (2M2G)

Salads Made to Order  
 (Includes Flatbread) 2M2G

Peanut Butter & Jelly Sandwich (2M2G)

**Fruit & Yogurt Parfait**  
 w/Flatbread(2M2G)

Cheese or Pepperoni Pizza (2M2G)

**Offered daily with all School Lunches:**

Fresh or Prepared Fruit  
 (Must take 1/2 cup of Fruit or Vegetable – may take up to 1 cup)

**NY State 8oz 1% or Skim White Milk**  
**Fat Free Chocolate Milk**

If your Child has a particular food allergy, please contact the food service office @  
**(716)652-3000/Ext 7701**

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

Student \$3.15  
 Adult \$5.10