



September 2024

9-12



Lunch IROQUOIS



NYS Apples
NYS Corn
NYS Cucumber
NYS Roma Tomatoes

Monday	Tuesday	Wednesday	Thursday	Friday
 3 NO SCHOOL	4 NO SCHOOL	5 Cheeseburger On a WG Roll Broccoli 1/2c Green Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	6 Mozzarella Sticks Dipping Sauce on Side Corn 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	7 Chicken Alfredo Over Pasta Romaine Lettuce 1c = 1/2c Steamed Carrots 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
9 Chicken Patty On WG roll Mixed Vegetables 1/2c Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	10 Tostitos Nachos Grande Sour Cream & Salsa Black Beans 1/2c Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	11 Grilled Cheese Sandwich 1 1/2 Sweet Potatoes 1/2c Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	12 Teriyaki Chicken Over Rice Steamed Carrots 3/4c Green Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	13 Loaded French Fries Taco Meat & Cheese Sliced Green Peppers 1/2c 1c Romaine Lettuce = 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
16 Chicken Tenders Seasoned Noodles Fresh Carrots 3/4c Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	17 Taco In a Bag Lettuce & Cheese Sour Cream & Salsa Black Beans 1/2c NYS Roma Tomatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	18 Macaroni & Cheese Mixed Vegetables 1/2c Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	19 Pizza Day!!! NYS Cucumbers 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	20 Oven Roasted Chicken 1c Romaine Lettuce = 1/2c Green Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
23 Popcorn Chicken Seasoned Rice Steamed Carrots 3/4c Baked Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	24 Taco Lettuce & Cheese Sour Cream & Salsa Green Beans 1/2c NYS Roma Tomatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	25 Chicken Nuggets Broccoli 1/2c Roasted Potatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	26 Pasta & Meatballs Garlic Roll 1c Romaine Lettuce = 1/2c NYS Corn 1pc Fresh or Prepared Fruit 1/2c Milk-8oz	27 Grilled Cheese Sandwich 1 1/2 Fresh carrot & celery sticks 1/2c Mixed Vegetables Fresh or Prepared Fruit 1/2c Milk-8oz
30 Chicken Parm Sandwich NYS Sliced Cucumbers 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz				

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)
- NYS 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



Student \$3.15
Adult \$5.10