



September 2024

4 & 5



Lunch IROQUOIS



NYS Apples
NYS Corn
NYS Cucumber
NYS Roma Tomatoes

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
|  3 NO SCHOOL | 4 Cheeseburger On a WG Roll Broccoli 1/2c Green Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz | 5 Mozzarella Sticks Dipping Sauce on Side Corn 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz | 6 Chicken Alfredo Over Pasta Romaine Lettuce=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 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 Hot Dog On WG Roll 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 8' 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 Fresh Carrot & Celery Sticks 1/2 c Mixed Vegetables 1/2 c Fresh or Prepared Fruit 1/2 c 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:

- 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)

Adult Lunch Price \$5.10
 Adult Entrée Price \$3.25

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

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

K-4 \$2.85
 5-12 \$3.15