

Elementary September 2024

Nutrition Corner



Cafeteria Offerings

Gluten Free

Rolls, Cereal, Pizza and Pasta available upon request

MEAL OF THE DAY \$4.00

INCLUDES

Vegetable, Fresh Whole Fruit, 100% Fruit Juice (6oz) Hormone/Antibiotic Free Skim, Low Fat Choc, 1%, and Whole Milk Fresh Fruit Basket offered Daily Horizon Organic Milk \$2.50

Pre-Made Sandwiches offered daily with Boar's Head Meats

(Turkey, Ham, Salami, Buffalo Chicken and Cheddar Cheese) Sun Butter and Jelly Sandwich

Pre-Made Salads Available:


Chicken Caesar Salad/Caesar Salad Garden Salad/Greek Large: \$5.50-\$6.25 Small \$3.25-\$5.25

À la Carte Prices

Mini 8oz Poland Spring Water \$1.25 Poland Spring Water 16oz \$1.50 Baked Snack Varieties \$1.50-\$2.75 Fresh Fruit Purchase \$1.00 Fruit Cup 9oz \$2.50 Baked Cookie \$1.25 (Wednesdays) Ice Cream \$1.75-\$3.75 (Fridays Only)

Strawberry/Banana Smoothies made fresh at your school

Made on site hummus sesame free!!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
|  | 3 Oven Baked Chicken Tenders (4) Steamed Corn Fresh Apple 100% Fruit Juice Hormone Free Milk | 4 Barilla Shell Baked Macaroni and Cheese (buttered pasta available) Toasted Garlic Bread Green Peas Cantaloupe Slice 100% Fruit Juice Hormone Free Milk | 5 Yogurt/Acai Bar Greek Yogurt or Acai choice of Toppings: Strawberry/Blueberry Mini Bagel Butter/CC Nut Free Granola Chia Seed and Agave 100% Juice and Milk | 6 Pizza Day Garden Salad Sliced Packaged Apples (Peterson Farms) Assorted 6oz Juice Hormone Free Milk Piazza Pizza at Osborn |
| 9 Chicken Nuggets (6) Sliced Cucumbers (Local Jersey Farm) Ranch Dip Vegetable Pasta Salad Fresh Kiwi Slices 100% Fruit Juice Hormone Free Milk | 10 Penne Pasta Bar Fresh Basil (Local NY Farm) Choice of Marinara, Meat Sauce or Butter Toasted Garlic Bread Roasted Broccoli Fresh Grapes 100% Fruit Juice Hormone Free Milk | 11 Cheese Quesadilla Seasoned Black Beans with Brown Rice Pico de Gallo Sour Cream/Guacamole Apple Sauce (Peterson Farms) 100% Fruit Juice Hormone Free Milk | 12 Brunch for Lunch Challah Bread French Toast Potato Rounds Sausage Patty Orange Wedges 100% Fruit Juice Hormone Free Milk | 13 Pizza Day Caesar Salad Sliced Packaged Apples (Peterson Farms) 100% Fruit Juice Hormone Free Milk Piazza Pizza at Midland |
| 16 Grilled Chicken Quinoa Salad Roasted Zucchini and Yellow Squash (Local Jersey Farm) Honey Dew Slices 100% Fruit Juice Hormone Free Milk | 17 Brunch for Lunch Waffle or Pancake Hard Boiled Egg Hash Brown Potato Fresh Banana Green Bell Pepper Slices (Local Jersey Farm) 100% Fruit Juice Hormone Free Milk | 18 Barilla Rotini Pasta With Marinara, Meat Sauce or Butter Toasted Garlic Bread Sautéed Spinach Garden Salad 100% Fruit Juice Hormone Free Milk Sushi California Roll Cucumber Carrot \$6.75 | 19 TACO BOWL Seasoned Taco Meat Fluffy White Rice Shredded cheddar/lettuce Pico De Gallo Sour Cream/Guacamole 100% Fruit Juice Hormone Free Milk Kindergarten bring your parent to lunch Osborn School | 20 Pizza Day Greek Salad with Feta Sliced Packaged Apples (Peterson Farms) 100% Fruit Juice Hormone Free Milk Piazza Pizza at Milton Kindergarten Bring parent to lunch Milton School |
| 23 Boneless Chicken Wings With BBQ or Honey Mustard Roasted Kale (Local Jersey Farm) Veggie Pasta Salad 100% Fruit Juice Hormone Free Milk | 24 Beef Nachos Bag of Tostitos Scoops Shredded Cheese Salsa/Sour Cream Guacamole Refried Bean Red Delicious Apple 100% Fruit Juice Hormone Free Milk | 25 Angus Burger or Cheeseburger Brioche Roll Lettuce/Tomato/Pickle Baked Steak Cut Potato Fresh Fruit Basket 100% Fruit Juice Hormone Free Milk Sushi California Roll Cucumber Carrot \$6.75 (Osborn School) | 26 Raman Noodle Bowl Yakisoba Noodles Grilled Chicken Grilled Tofu Shelled Edamame Steamed Broccoli Fortune Cookie Orange Slices Kindergarten bring your parent to lunch Midland School | 27 Pizza Day Baby Carrots Sliced Packaged Apples (Peterson Farms) Fresh Fruit 100% Fruit Juice Hormone Free Milk Piazza Pizza at Osborn |

We try our best to serve our menus as posted; however, sometimes last-minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns. Rye accepts checks made payable to the Rye City Schools to avoid fees associated with myschoolbucks. Please include child's name in memo.