

# Middle School September 2024

## Nutrition Corner



### Cafeteria Offerings

#### Gluten Free

Rolls, Cereal, Pizza and Pasta available upon request

#### MEAL OF THE DAY \$4.40

#### 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  
Ice Cream \$1.75-\$3.75

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 <b>Brunch for Lunch</b> French Toast Sticks Sausage Links Hash Brown Potato Cherry Tomato Cup Fresh Banana 100% Fruit Juice Hormone Free Milk	6 <b>Pizza Day Hot Line Offering</b> Gluten Free Pizza \$4.00 Buffalo/Grandma \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 <b>Sunrise Pizza</b>
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 <b>Brunch for Lunch</b> Challah Bread French Toast Potato Rounds Sausage Patty Orange Wedges 100% Fruit Juice Hormone Free Milk	13 <b>Pizza Day Hot Line Offering</b> Gluten Free Pizza \$4.00 Buffalo/Grandma \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 <b>Sunrise Pizza</b>
16 Grilled Chicken Quinoa Salad Roasted Zucchini and Yellow Squash (Local Jersey Farm) Honey Dew Slices 100% Fruit Juice Hormone Free Milk	17 <b>TACO BOWL</b> Seasoned Taco Meat Fluffy White Rice Shredded cheddar/lettuce Pico De Gallo Sour Cream/Guacamole 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 <b>Sushi California Roll Cucumber Carrot \$6.75</b>	19 <b>Brunch for Lunch</b> Waffle or Pancake Hard Boiled Egg Hash Brown Potato Fresh Banana Green Bell Pepper Slices (Local Jersey Farm) 100% Fruit Juice Hormone Free Milk	20 <b>Pizza Day Hot Line Offering</b> Gluten Free Pizza \$4.00 Buffalo/Grandma \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 <b>Sunrise Pizza</b>
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 <b>Bag of Tostitos Scoops</b> Shredded Cheese Salsa/Sour Cream Guacamole Refried Bean Red Delicious Apple 100% Fruit Juice Hormone Free Milk	25 <b>Raman Noodle Bowl</b> Yakisoba Noodles Grilled Chicken Grilled Tofu Shelled Edamame Steamed Broccoli Fortune Cookie Orange Slices <b>Sushi California Roll Cucumber Carrot \$6.75</b>	26 <b>Brunch for Lunch</b> French Toast Sticks Hard Boiled Egg Breakfast Potatoes Cherry Tomato Cup Orange Slices 100% Fruit Juice Hormone Free Milk	27 <b>Pizza Day Hot Line Offering</b> Gluten Free Pizza \$4.00 Buffalo/Grandma \$4.00 Pepperoni Slice \$4.00 Cheese Slice \$2.75 <b>Sunrise Pizza</b>

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.