



September 2024



Lunch



NYS Apples
NYS Corn
NYS Cucumber
NYS Roma Tomatoes

9-12

Eden Middle & High School

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>XXXXXXXXXXXX</p> <p>All student meals are now free. This includes breakfast and lunch.</p>		5	6
	<p>Students must choose the required components or will be charged ala carte prices.</p>		<p>Cheese & Pepperoni Pizza</p>	<p>Mozzarella Sticks w/Dipping Sauce</p>
			<p>Green Beans 1/2c Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz</p>	<p>Fresh Carrots 3/4c Baked Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz</p>
9	10	11	12	13
<p>Cheeseburger on a Bun</p>	<p>Nacho Grande w/Brown Rice</p>	<p>Spaghetti & Meatballs w/Dinner Roll</p>	<p>Cheese & Pepperoni Pizza</p>	<p>French Toast & Sausage w/Syrup</p>
<p>Mixed Vegetables 1/2c Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz</p>	<p>Baked Beans 1/2c Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz</p>	<p>1c Romaine Lettuce= 1/2c Green Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz</p>	<p>Steamed Carrots 3/4c Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz</p>	<p>Sliced Green Peppers 1/2c NYS Roma Tomatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz</p>
16	17	18	19	20
<p>Cheesy Baked Meatball Sub</p>	<p>Macaroni & Cheese w/Dinner Roll</p>	<p>Creamy Alfredo Sauce over Rotini w/Dinner Roll</p>	<p>Cheese & Pepperoni Pizza</p>	<p>Philly Cheese Steak On Bun</p>
<p>Corn 1/2c Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz</p>	<p>Mixed Vegetables 1/2c Green Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz</p>	<p>Broccoli 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz</p>	<p>NYS Cucumbers 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz</p>	<p>1c Romaine Lettuce=1/2c NYS Roma Tomatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz</p>
23	24	25	26	
<p>Buffalo Bills Day</p> <p>Buffalo Chicken Tender Sub</p>	<p>10" Burrito</p>	<p>Turkey & Gravy w/Dinner Roll</p>	<p>Cheese & Pepperoni Pizza</p>	<p>Staff Development Half Day</p>
<p>Steamed Carrots 3/4c Baked Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz Sidekick Frozen Fruit Juice</p>	<p>Green Beans 1/2c Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz</p>	<p>Mashed Potatoes 1/2c Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz</p>	<p>1c Romaine Lettuce=1/2c NYS Ear of Corn 1pc Fresh or Prepared Fruit 1/2c Milk-8oz</p>	<p>PK - 12</p>
30				
<p>Sweet & Sour Chicken over Rice</p> <p>NYS Sliced Cucumbers 1/2c Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz</p>				

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

The Following Entrees Served Daily:

Fresh made pizza
2M2G

Salads
(Includes Flatbread) 2M2G

Fruit & Yogurt Parfait
w/Flatbread(2M2G)

Peanut Butter & Jelly Sandwich (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

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

Student \$0.00
Adult \$5.05+tax

If your child has a particular food allergy, please contact the food service office @ (716) 992-3623.