

High Schools Weekly Menu

1/20	1/21	1/22	1/23	1/24
NO SCHOOL	French Toast & Turkey Bacon Orange Glazed Carrots Ketchup & Maple Syrup Orange Wedges	NYS Grass Fed Burger Bar Crispy Chicken Filet Veggie Burger Seasoned Fries Tomatoes, Lettuce, Onion Grapes	Crispy Chicken and Curry Steamed Rice Chickpea Masala Pineapple Chunks	Roasted BBQ Chicken Meatless Tenders Cornbread Roasted Cheesy Cauliflower Cantaloupe Cubes

School Meals at NO CHARGE First complete Breakfast & Lunch meal free/no charge

Please note – 2nd meals or 2nd entrees; \$3.25 for all students. Milk, Juice, or Fruit without a complete lunch meal \$.75 each. To add funds to your student's account, please visit: www.MySchoolBucks.com
 Whole Grains, Meat/Meat Alternate, Choice of Fruit, Vegetable, and Milk Comes with Every Student Lunch!

Daily Grab 'n' Go Alternate Entrées:

Turkey, Ham (Pork) w/or without Cheese on Whole Grain Roll

Salad:

Garden Salad w/ Chicken, Cheese, & WG Pretzel Sticks

Garden Salad w/ Veggies, Cheese, & WG Pretzel Sticks

Wraps:

BBQ Chicken or Buffalo Chicken w. Ranch on a Whole Wheat Wrap w/ shredded lettuce and cheddar

Meat Free Daily Alternates:

Yogurt & Fruit Parfait with Granola;

Sunbutter & Jelly Sandwich on WG Bread w/ String Cheese

Other Alternate Entrees:

Nacho/Taco Bar - Turkey Taco Meat, Hot Vegetable, Tortilla Chips or Shells served with Salsa, Shredded Cheese, Sour Cream, & Pickled Jalapenos.

Build Your Own Deli (B caf only):

Selection of Turkey, Ham, American Combo, Tuna Salad, with Pepperjack, Provolone, Mozzarella, or American served with Lettuce, Tomato, and Sauces on a choice of Whole Wheat Wraps, Kaiser Rolls, or Sliced Pullman Bread.

Build Your Own Salad Bar (B caf only):

Selection of protein - BBQ or Buffalo Chicken, Mozzarella Cheese, Crispy Chicken Cutlet, or Tuna Salad, unlimited vegetable & fruit selection - Carrots, Grape Tomatoes, Corn, Beans, Cucumber, Dried Cranberries/Dried Fruit Mix, and Sliced Strawberries. Served with selection of grain: Pretzel Sticks or Croutons. Homemade Dressing: Ranch, Balsamic, & Italian

Pizza Station:

Daily selection of Cheese, Pepperoni, and Buffalo Chicken Pizza - grated parm and red pepper flake available

This institution is an equal opportunity provider.