



NYS Apples

May


2025 UPK-3



Lunch

IROQUOIS



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meatball Sub	2 Chicken Alfredo Over Noodles
			NYS Potatoes 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz
5 Popcorn Chicken Mashed Potatoes	6 Tostitos Nachos Grande Sour Cream & Salsa	7 Macaroni & Cheese	8 Cheeseburger On WG Roll	9 Mozzarella Sticks Dipping Sauce on Side
Carrot Sticks 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Vegetarian Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Green Peas 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Salad Greens 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Mixed Vegetables 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz
12 Chicken Tenders Seasoned Noodles	13 Taco In a Bag Lettuce & Cheese Sour Cream & salsa	14 Pasta & Meatballs	15 Grilled Cheese Sandwich	16 NATIONAL PIZZA DAY! RED SUNDAY CUP
Green Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Baked Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Potatoes 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz
19 Popcorn Chicken Over Rice	20 Taco Lettuce & Cheese	21 Macaroni & Cheese	22 Cheeseburger On WG Roll	23 Chicken Tenders
Carrot Sticks 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Vegetarian Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Sliced Cucumbers 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Salad Greens 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Roasted Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz
26 Happy Memorial Day! <small>Memorial Day</small>	27 Mozzarella Sticks Dipping Sauce on Side	28 Pasta & Meatballs	29 Grilled Cheese Sandwich	30 Hot Dog on WG Roll
	Baked Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Fresh Baby Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Potatoes w/ Onion 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz

NYS LOCAL FOODS

*Upstate Farms
Milk, Yogurt, Sour Cream
Eden Valley Growers
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 Flat Bread 2M2G)

Peanut Butter & Jelly
Sandwich (2M2G)

Fruit & Yogurt Parfait
W/ Flatbread (2M2G)

Offered daily
With all School Lunches :

Fresh or Prepared Fruit
(Must take ½ C of Fruit or Veg.

May take up to 1 cup)

NY Sate 8 oz 1% or Skim

White Milk

Fat Free Chocolate Milk

Approved by PTFS Dietitian: Perry Schmidt, MS,
RD, CDN

If your student has a particular food allergy,
please contact the food service office @
(716)652-3000/EXT 7701

Student \$2.85
Adult \$5.10



PAY FOR MEALS ONLINE

MySchoolBucks.com