



NYS Apples
NYS Potatoes
NYS Onions

May


2025 9-12



Lunch

IROQUOIS



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Meatball Sub NYS Potatoes 1/2c Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	2 Chicken Alfredo Over Noodles 1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
5 Popcorn Chicken Over Rice Green Beans 1/2c Sweet Potatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	6 Tostitos Nachos Grande Sour Cream & Salsa Vegetarian Beans 1/2c Seasoned Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	7 Macaroni & Cheese Green Peas 1/2c Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	8 Cheeseburger On WG Roll NYS Salad Greens 1c Sliced Cucumber 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	9 Mozzarella Sticks Dipping Sauce on Side 1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
12 Chicken Tender Seasoned Noodles Celery Sticks 1/2c Carrot Sticks 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	13 Taco In a Bag Lettuce & Cheese Baked Beans 1/2c Roasted Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	14 Pasta & Meat Sauce Mixed Vegetables 1/2c Baby Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	15 Grilled Cheese Sandwich 1 ½ NYS Potatoes and Onions 1/2c Green Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	16 NATIONAL PIZZA DAY!! FREE SUNDAE CUP 1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
19 General Tso's Chicken Over Rice Green Beans 1/2c Grape Tomatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	20 Taco Lettuce & Cheese Vegetarian Beans 1/2c Seasoned Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	21 Buffalo Chicken Macaroni & Cheese Potatoes 1/2c Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	22 Cheeseburger On WG Roll NYS Salad Greens 1c Pinto Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	23 Chicken Tenders 1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
26 Happy Memorial Day! 	27 Mozzarella Sticks Dipping Sauce On Side Baked Beans 1/2c Roasted Cauliflower 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	28 Chicken Alfredo Over Noodles Mixed Vegetables 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	29 Grilled Cheese Sandwich 1 ½ NYS Potatoes and Onions 1/2c Roasted Carrots 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	30 Steak Sub Peppers & Onions 1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz

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

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:

6" Subs and Wraps (2M2G)

Salads Made to Order
(Includes Flatbread) 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 cup of Fruit or Vegetable –
may take up to 1 cup)

NY State 8oz 1% or Skim
White Milk
Fat Free Chocolate Milk



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

Student \$3.15
Adult \$5.10