



NYS Apples  
NYS Potatoes  
NYS Onions

# May

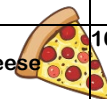

2025 9-12



# Lunch

## High School



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot Dog on a WG Bun	2 Grilled Cheese Alfredo Noodles
			NYS Potatoes 1/2c Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
5 Cinco de Mayo Taco's in a Bag	6 Breakfast For Lunch Egg patty, Sausage, & French toast sticks	7 Buffalo Chicken Mac & Cheese	8 Popcorn Chicken w/seasoned rice	9 Italian Dunkers w/marinara sauce
Vegetarian beans 1/2c Seasoned Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Green Beans 1/2c Sweet potatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Green Peas 1/2c Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Mixed Veggies 1/2c Sliced Cucumber 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
12 Chicken Tenders w/buttered noodles	13 Loaded Taco Wedges	14 Chicken Alfredo	15 Grilled Ham & Cheese 	16 National Pizza Day!! Pizza
Celery Sticks 1/2c Carrot Sticks 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Baked Beans 1/2c Roasted Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Mixed Vegetables 1/2c Baby Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Potatoes and Onions 1/2c Green Peas 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz Hersey's Chocolate Sunday Cup
19 Three Cheese Mac & Cheese w/ breadstick	20 Build your own Taco	21 Philly Steak & Cheese on a Hoagie with peppers & onions	22 Chicken Parm w/Penne Pasta	23 Mozzarella Sticks w mari- nara sauce
Green Beans 1/2c Grape Tomatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Vegetarian Beans 1/2c Seasoned Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Potatoes 1/2c Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Mixed Veggies 1/2c Pinto Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz
26 Happy Memorial Day!  	27 Nacho Grande	28 Specialty Pizza Day	29 Oven Baked BBQ Chicken	30 Grilled Cheese & Alfredo Noodles
	Baked Beans 1/2c Roasted Cauliflower 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Mixed Vegetables 1/2c Fresh Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Potatoes and Onions 1/2c Roasted Carrots 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	1C Romaine Lettuce=1/2c Steamed Broccoli 1/2c 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:

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 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



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

If your student has a particular food allergy,  
please contact the food service office @  
(716)209-6251

Student \$3.00  
Adult \$5.00