



NYS Apples

June



2025 UPK-3



Lunch

IROQUOIS



Monday	Tuesday	Wednesday	Thursday	Friday
2 Popcorn Chicken Over Rice	3 Tostitos Nachos Grande Sour Cream & Salsa	4 Cheeseburger On WG Roll	5 Pasta & Meatballs	6 Grilled Cheese Sandwich
Carrot Sticks 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Baked Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Potatoes 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Green Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz
9 Chicken Tenders	10 Taco in a Bag Lettuce & Cheese Sour Cream & salsa	11 Pizza Day!!!	12 Popcorn Chicken Seasoned Noodles	13 Flag Day!!  Hamburger or Cheeseburger on wg bun
Corn 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Vegetarian Beans 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Baby Carrots 3/4c Watermelon Slice Fresh or Prepared Fruit 1/2c Milk-8oz	Mixed Vegetables 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	1C Romaine Lettuce=1/2c Milk-8oz **Stars & Stripes** Sidekick Frozen Fruit Punch
16 Chicken Tenders	17 Mozzarella Sticks Dipping Sauce on Side	18 Macaroni & Cheese	19 Happy Juneteenth!! 	20 Hot Dog On Bun
Chef's Choice 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Chef's Choice 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Chef's Choice 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz		Baby Carrots 3/4c Watermelon Slice Fresh or Prepared Fruit 1/2c Milk-8oz
23 Chef's Choice	24 Chef's Choice	25 EARLY RELEASE	26	27
Chef's Choice 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	Chef's Choice 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz			
30				

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



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

Student \$2.85
Adult \$5.10
CASH OR CHECK IS ACCEPTED
Free of charge

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

For Information for Summer Meals Please Visit
Www.Summer-mealsny.Org Or Call 211 or 866-3-HUNGRY.

The Following Entrees Served Daily:

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