Complete Meal: a student must take at least **3 of the 5 different components** offered (bread/grain; meat/meat alternative; fruit; vegetable; and milk) One MUST be a fruit or a vegetable. If a child has questions about a complete meal, please encourage him/her to ask the food service staff. Thank you!

Makes checks payable to **Onteora CSD Food Service** or payment may be applied on-line through the parent portal

Breakfast is Available Daily at all schools.

Elementary Lunch — Onteora Central School District — January 2026

New York Thursday's: Each month, watch for the NY State's bounty of products we will be celebrating and serving.

Monday	Tuesday	Wednesday	Thursday	Friday
5 "Smackers" Popcorn Chicken or ***Veggie Nuggets*** Sweet Potato Fries, Corn and Assorted Fruit	6 Cheese Ravioli in Marinara With Whole Wheat Bread Roasted Brussel Sprouts and Assorted Fruit	7 Tangerine Chicken Or ***Tofu and Vegetable Stir Fry*** With Brown Rice, Broccoli and Assorted Fruit	8 Ham and Cheese Panini or ***Eggplant, Tomato, and Mozz. Panini*** With **Kale** Salad, Baked Beans, and Assorted Fruit	9 Individual Round Pizza Salad of Mixed Greens and Assorted Fruit
12 Chicken and Waffle With Roasted Broccoli, Tater Tots and Assorted Fruit	13 **Try It Tuesday** **Fiesta Beans and Rice Bowl** with Shredded Lettuce, Chunky Salsa, Black Olives, Shredded Cheese Mexican Street Corn Salad and Assorted Fruit	14 "Grilled" Cheese Sandwich Home-Style Tomato Soup Veggie Sticks and Assorted Fruit	15  Fish Bites or ***Veggie Nuggets*** Oven Baked Fries, Lentils of the Southwest and Assorted Fruit	16 French Bread Pizza Salad of Mixed Greens Assorted Fruit
19 	20 **Hamburger** or ***Veggie Burger*** on a Whole Wheat Bun, with Carrot Crunchers, **Lettuce**, Tomatoes, **Chips** & Assorted Fruit	21 Whole Grain Chicken and Cheese or ***Bean and Cheese*** Quesadilla With Black Bean and Corn Salsa and Assorted Fruit	22 **New York Thursday** NY Pasta and Meatballs Whole Wheat Bread, Kale Salad, Apple Sauce	23 Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit
26 Chicken Patty or ****Plant Based* Kickin' Patty*** on a Whole Wheat Roll with Oven Roasted Cauliflower, and Assorted Fruit	27 Meatball or ***Eggplant Parm*** Hero on a Whole Wheat Roll with Green Beans and Assorted Fruit	28 Beef or ***Refried Bean*** Tacos with Cheddar Cheese, Brown Rice, Shredded **Lettuce,** Chunky Salsa, and Assorted Fruit	29 Mozzarella Sticks with Marinara, Caesar Salad and Assorted Fruit	30 Individual Round Pizza Salad of Mixed Greens and Assorted Fruit

Offered Daily: **Local** 1%, Skim Milk and Fat Free Chocolate **Milk** **$0.50**

Adult Meals $5.41+TAX= $5.85

NYS Universal Free Meals	Breakfast	Lunch	Second Lunch
K-5	AT NO COST	AT NO COST	$4.75
6-8	AT NO COST	AT NO COST	$4.75
9-12	AT NO COST	AT NO COST	$4.75

Menu subject to change without notice

This organization is an equal opportunity provider and employer.

***Suitable for Vegetarian Diet* (most can be adjusted for Vegan Diet)**

- Suitable for Vegan Diet **New York Products**

Available Daily:

Sandwiches: Tuna, Turkey, Ham, and/or Cheese or Sunbutter (sunflower seed spread) and Jelly.

Salad Plates: Tuna, Chef, Chicken Caesar, Cheese with Fruit, or a Hummus Platter with Pita and Veggies ( )

Veggies: Carrot Crunchers and extra servings of vegetable offered

Try It Tuesday: Try something new! All students, whether they buy lunch that day or not, can have a taste of the featured item. Please encourage your child(ren) to "Try It" each month.