

May Lunch



**PINE PLAINS CENTRAL SCHOOL DISTRICT
(Grades 6-12)**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Bosco Sticks 30g 15g/Stick</p> <p>Tomato Sauce 9 g</p> <p>Caesar Salad</p> <p>Caesar Salad Romaine 10g Crouton 5g Dressing 3g</p>	<p>5</p> <p>Chicken Nuggets 5PC/ 12g</p> <p>Smiley Fries 23g /5 pieces</p> <p>Corn on the Cob w/ NY Maple Butter 23g</p> <p>NY Apple Slices w Sun But- ter (B) 14g</p>	<p>6</p> <p>NY BBQ Beef Meatball Sub 41g</p> <p>Meatball 2g/ Meatball Serving Size 3</p> <p>BBQ Sauce 7g Cheddar Cheese 0g Bun 28g</p> <p>Green Beans 15g/ 1/2 cup</p> <p>Strawberry Peaches/ Pears & Cream 17g/1/2 Cup</p>	<p>7</p> <p>NY Beef Crunch Wrap Beef 2g Cheese 1g</p> <p>Per 1 Soft Tortilla 14g Per 2 Hard Shell 14.6g</p> <p>NY Cilantro Lime Rice 19g/1/2 cup</p> <p>NY Pinto Beans 20g/1/2 cup</p> <p>Salsa 5g</p>	<p>8</p> <p>NY Neapolitan style Pizza 43g</p> <p>Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies</p> <p>Spring Chicken Wrap 47g</p> <p>Wrap 30g Chicken Salad 5g Fruit 7g Dressing 5g</p> <p>NY Cherries w/Lemon Zest 13.5g/1/2 cup</p>
<p>11</p> <p>Mini Corn Dogs 33-49.5g</p> <p>5.5g per corn dog Serving 6-9 pc</p> <p>Funnel Cake 38g/</p> <p>Corn on the Cob w/ NY Maple Butter 26g</p> <p>Garden Salad (B) 5-7g w/o dressing</p>	<p>12</p> <p>NY Grilled Chicken Gyro</p> <p>Chicken 1g Cheese 0 Pita 39</p> <p>Greek Fries Smiley 23g /5 pieces Cheese 0 Spices 0</p> <p>NY Roasted Garlic Hummus 20g/ 1/2 cup</p> <p>PB& J Pack Uncrustable 64g Cheez-IT,17g Cheese Stick 1g</p> <p>Carrot & Celery Sticks 7g Ants on a Log (B) 17g NY Apple Slices 7g /pk</p>	<p>13</p> <p>NY Beef Nachos</p> <p>Meat 2g Tortilla / 1 oz 21g Cheese 1g</p> <p>NY Rojo Chiquito Baked Beans</p> <p>20g/1/2 cup</p> <p>Pineapple Salsa</p> <p>3.5g/1 oz</p> <p>Orange Wedges 28g</p>	<p>14</p> <p>NY Chicken Alfredo</p> <p>Chicken 1g Sauce 9g / 1/2 Cup Pasta 41g / 1 cup</p> <p>Serving MS/HS 1 Cup</p> <p>Shrimp Po'boy w/ Rodeo Sauce 58g</p> <p>Roll 30g Shrimp 8g/oz Serving Size 3 oz Sauce 2 g Lettuce 1g Tomato 1g</p> <p>Crispy Brussel Sprouts w Garlic & Herb Breadcrumbs</p> <p>Sprouts 6g/ 1/2 Cup Bread Crumbs 3g/ Tbsp Garlic Toast 16g/Slice</p>	<p>15</p> <p>NY Neapolitan style Pizza 43g</p> <p>Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies</p> <p>NY Roast Beef , Caramelized Onion & Cooper Cheese Panini</p> <p>Bread 47.2 Roast Beef 1 Cheese 1g Onions 5-6g</p> <p>NY Blueberries w/Lemon Zest 18.2g/1/2 cup</p>
<p>18</p> <p>NY Cheese Burger w/ Cooper Cheese</p> <p>Burger 0 Bun 28 Cheese 0 Smiley Fries 23g Serving Size 5 pc</p> <p>Strawberry Peaches/ Pears & Cream 17g/1/2 Cup</p>	<p>19</p> <p>SCD</p> <p>No School</p>	<p>20</p> <p>Pretzel Chicken 15g/ Pc</p> <p>Honey Roasted Green Beans & Carrots</p> <p>15g/ 1/2 cup serving</p> <p>Homemade Ranch 3g / oz Honey Mustard 8g/ 2tbsp</p> <p>Everything Bread 13.5 / 1 oz slice</p> <p>Garden Salad (B) 5-7g w/o dressing</p>	<p>21</p> <p>NY Southern Style Baked Mac & Cheese (B) 32g/ 1/2 Cup 64g / Cup</p> <p>NY Turkey Ruben 32g Turkey 1g Bread 24g Dressing 6g Cheese 0 Sauerkraut 1g</p> <p>NY Baked Beans 18.5g</p>	<p>22</p> <p>NY Neapolitan style Pizza 43g</p> <p>Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies</p> <p>Bomber Panini 33g Bread 27g Meat 1 Cheese 0 Slaw 4g Aioli 1</p> <p>NY Cherries w/Lemon Zest 13.5g/1/2 cup</p>
<p>25</p> <p>Holiday No School</p>	<p>26</p> <p>NY Baked Potato Bar 60-63 g plain (Large Potato)</p> <p>69-70g with toppings</p> <p>Cheese Sauce 6g Bacon 0 Scallions .5g White Cheddar Cheese 0 Sour Cream .3</p> <p>NY Honey Rosemary Roasted Spring Vegetables 20g/1/2 cup</p> <p>NY Cheddar Biscuit 24g</p> <p>Orange Wedges w/ Dark Chocolate (B) 16g</p>	<p>27</p> <p>NY Sweet & Sour Chicken</p> <p>Chicken 5g Sauce 16g</p> <p>NY Veggie Fried Rice 23g/ 1/2 cup Eggroll 22g</p> <p>Serving Size MS/HS 1 Cup</p> <p>Sweet Chile & Sesame Marinated Cucumbers 7g/1/2 cup</p> <p>Pineapple & Mango w/Lime & Toasted Coconut</p> <p>Fruit 16g/1/2 cup Lime 1.3g Coconut 8g/ Tbsp</p>	<p>28</p> <p>NY BBQ Pulled Pork Parfait (B) 46g</p> <p>NY Spring Smashed Potato (B) 24g/1/2 cup</p> <p>NY Rojo Chiquito Baked Beans 20g/12 cup</p> <p>NY Rodeo Coleslaw (B) 15g/ 1/2 cup</p>	<p>29</p> <p>NY Neapolitan style Pizza 43g</p> <p>Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies</p> <p>Chicken Caesar Panini 52.2g</p> <p>Chicken 1g Dressing 3g Bread 47.2g Cheese 1g</p> <p>NY Cherries w/Lemon Zest 13.5g/1/2 cup</p>

Fruit

Grapes 11 g
Ny Apple-21g
NY Pear-26g
Apple Slices-7g
Orange Wedges-11g/1/2 cup
Diced Peaches/Pears 15g

Breads/ Wraps/ Grains

Kaiser Roll –30g

Wraps— 6" 14g , 8" 24g , 10" 30g , 12" 45g

Burger Bun 28g / Pannini 23.6g per slice 47.2g total , Bread Alone WG 16g/Slice, WG Wheat 14g/slice , Rye 12g/ Slice

NY Salad Bar-25-40g

House Baked Bread 11.8g / 1 oz Slice
23.6g/ 2 oz Slice

NY HVF Milk
1% WM-12g
Choc 22g
Skim-12g

Grilled Cheese
30-32g