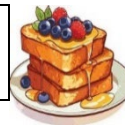




Complete Meal: a student must take at least **3 of the 5 different components** offered (bread/grain; meat/meat alternative; fruit; vegetable; and milk) One **MUST** be a fruit or a vegetable. If a child has questions about a complete meal, please encourage him/her to ask the food service staff. Thank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

October 2026

<u>New York Thursday's:</u> Each month, watch for the NY State's bounty of products we will be celebrating and serving.		 		Thursday1	Friday2
				Cheese Ravioli in Marinara With Whole Wheat Bread Spinach and Assorted Fruit	Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit
Monday5	Tuesday6	Wednesday7	Thursday8	Friday9	
“Smackers” Popcorn Chicken or *Veggie Nuggets* Baked Sweet Potato Fries, Baked Beans and Assorted Fruit	Meatball or *Eggplant Parm* Hero on a Whole Wheat Roll with Roasted Broccoli and Assorted Fruit	“Grilled” Cheese Sandwich Home-Style Tomato Soup Veggie Sticks and Assorted Fruit	 Fish Bites or *Veggie Nuggets* Oven Baked Fries, Roasted Cauliflower and Assorted Fruit	French Bread Pizza Salad of Mixed Greens Assorted Fruit	
Monday12	Tuesday13	Wednesday14	Thursday15	Friday16	
 School Closed	Hamburger or *Veggie Burger* on a Whole Wheat Bun with Chips, Carrot Crunchers, Lettuce , Tomatoes and Assorted Fruit	Roasted Chicken or *Southwest Veggie Bowl* With Jollof Rice, Edamame Succotash and Assorted Fruit	Mozzarella Sticks with Marinara, Caesar Salad and Assorted Fruit	Detroit Style Pizza Salad of Mixed Greens and Assorted Fruit	
Monday19	Tuesday13	Wednesday21	New York Thursday22	Friday23	
Chicken Patty or *Plant Based Kickin' Patty* on a Whole Wheat Roll with Carrot Crunchers, Baked Beans, and Assorted Fruit	Try It Tuesday Pasta Primavera with Roasted Vegetables With Whole Wheat Bread, Kale Salad and Assorted Fruit	School Closed Conference Day 	NY Baked Potato with Chili Or *Veggie Chili* , Roasted Broccoli, Cheddar , Pita Chips and Apple Juice	Individual Round Pizza Salad of Mixed Greens and Assorted Fruit	
Monday26	Tuesday27	Wednesday28	Thursday29	Friday30	
Hotdog or *Veggie Dog* on a Whole Wheat Bun, with Sauerkraut, Baked Potato Wedges and Assorted Fruit	Cheese Lasagna in Marinara With Whole Wheat Bread Ratatouille and Assorted Fruit	Ham and Cheese Panini or *Eggplant, Tomato, and Mozz. Panini* With Kale Salad , Maple Baked Siracha Chickpeas, and Assorted Fruit	Teriyaki Chicken with Peppers Or *Tofu and Vegetable Stir Fry* With Brown Rice, Broccoli and Assorted Fruit	Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit	

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

Adult Meals \$5.56+TAX= \$6.00

NYS Universal Free Meals	Breakfast	Lunch	Second Lunch
K-5	AT NO COST	AT NO COST	\$5.00
6-8	AT NO COST	AT NO COST	\$5.00
9-12	AT NO COST	AT NO COST	\$5.00

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.