

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.

MS/HS:

Base Menu for 6-8 and 9-12 Meal Pattern

Onteora Central School District

November 2026

Monday	Tuesday	Wednesday	New York Thursday	Friday
2	3	4	5	6
"Smackers" Popcorn Chicken or***Veggie Nuggets*** with Multi-Bean Salad, Baked Fries and Assorted Fruit	**Super Sweet Potato and Black Bean Chili** With Whole Wheat Bread, **Kale Salad** and Assorted Fruit	Cherry Blossom Chicken Or ***Tofu and Vegetable Stir Fry*** With Brown Rice, Broccoli and Assorted Fruit	**Meatball** or ***Eggplant Parm*** Hero on a Whole Wheat Roll with **Roasted Cauliflower & Apple Sauce** Evacuation Drill - **Dismiss 15 minutes early**	French Bread Pizza Salad of Mixed Greens Assorted Fruit
Monday 9	**Tuesday** MS/HS Only -No School- 10	**Wednesday** 11	**Thursday** 12	**Friday** 13
Chicken Patty or ***Plant Based Kickin' Patty*** on a Whole Wheat Roll with Carrot Crunchers, Baked Beans, and Assorted Fruit			Beef or ***Refried Bean*** Tacos with Cheddar Cheese, Brown Rice, Shredded **Lettuce,** Chunky Salsa, Corn and Assorted Fruit	Deep Dish Pizza Salad of Mixed Greens and Assorted Fruit
Monday 16	**Tuesday** 17	**Wednesday** 18	**Thursday** 19	**Friday** 20
Boneless Chicken Wings or ***Southwest Veggie Bowl*** with Roasted Green Beans, Baked Potato Wedges and Assorted Fruit	 Fish Bites or ***Veggie Nuggets*** Oven Baked Fries, Roasted Broccoli and Assorted Fruit	Wild Mike's Cheese Bites with Marinara, Caesar Salad and Assorted Fruit	Turkey Cubes and Gravy or ***Southwest Veggie Bowl*** Whipped Potatoes, Stuffing, Brussel Sprouts, Cranberry Sauce, WG Cookies and Assorted Fruit	Individual Round Pizza Salad of Mixed Greens and Assorted Fruit
Monday 23	**Tuesday** 24	**Wednesday** 25	**Thursday** 26	**Friday** 27
Hamburger or ***Veggie Burger*** on a Whole Wheat Bun with Tater Tots, **Lettuce**, Tomatoes and Assorted Fruit	Stuffed Crust Pizza Salad of Mixed Greens and Assorted Fruit			
Monday 30				
Hotdog or ***Veggie Dog*** on a Whole Wheat Bun, with Sauerkraut, Baked Potato Wedges Carrots and Assorted Fruit		**New York Thursday's: Each month, watch for the NY State's bounty of products we will be celebrating and serving.**		**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.

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)**

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

Available Daily:

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

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

Veggies: Carrot Crunchers and extra servings of vegetable offered