



NYS Apples
NYS Chips
NYS Apple Slices

APRIL 2024

High School Lunch Menu



Personal Touch
FOOD SERVICE

Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL SPRING RECESS	2 NO SCHOOL SPRING RECESS	3 NO SCHOOL SPRING RECESS	4 NO SCHOOL SPRING RECESS	5 NO SCHOOL SPRING RECESS
8 NO SCHOOL SPRING RECESS	9 Nacho Grande w/Tostitos Chips, Lettuce, Cheese and Salsa ----- Corn 1/2c Seasoned Tomatoes 1/2c Fruit 1/2c Milk -8oz	10 Chicken Tenders w/Dipping Sauce and Seasoned Noodles ----- Steamed Broccoli 1/2c Peas 1/2c NYS Apple-1Piece Milk-8oz	11 Sloppy Joe's on a Hamburger Bun ----- Cauliflower 1/2c Carrots 3/4c NY Apple Slices Milk-8oz	12 Grilled Cheese Sandwich ----- Baby Carrots 3/4c 1C Romaine Salad=1/2c Fresh Fruit 1 Piece Milk-8oz
15 Buffalo Chicken Patty Sandwich Sweet Potatoes 3/4c Green Beans 1/2c Fruit 1/2c Milk-8oz	16 Taco in a Bag w/Nacho Doritos, Meat, Cheese and Salsa ----- Black Bean Salad 1/2c Corn 1/2c Fruit -1 Piece Milk-8oz	17 Chicken and Cheese Quesadilla ----- Baby Carrots 1/2c Mashed Potato 1/2c Fruit 1/2c Milk-8oz	18 Hamburger or Cheeseburger on a Bun ----- NYS Chips 1/2c 1C Romaine Salad=1/2c Apple -1 Piece Milk -8oz	19 Spaghetti and Meatballs w/a Dinner Roll ----- Steamed Broccoli 1/2c Mixed Vegetables 1/2c Fruit 1/2c Milk-8oz
22 Chicken Nuggets w/Dipping Sauce w/Buttered Noodles ----- Green Beans 1/2c Carrots 3/4c Fresh Fruit -1 Piece Milk -8oz	23 Nacho Grande w/Tostitos Chips, Lettuce, Cheese and Salsa ----- Corn 1/2c Peas 1/2c Fruit 1/2c Milk-8oz	24 Goulash w/a Dinner Roll ----- Baked Beans 1/2c Mixed Vegetables 1/2c Fruit 1/2c Milk-8oz	25 Meatball Submarine w/Mozzarella Cheese ----- Steamed Broccoli 1/2c Cauliflower 1/2c NYS Apple -1Piece Milk-8oz	26 <u>National Pretzel Day</u> Mozzarella Sticks w/Dipping Sauce ----- Soft Pretzel Baby Carrots 1/2c 1C Romaine Salad=1/2c Fresh Fruit 1 Piece Milk-8oz
29 Hamburger or Cheeseburger on a Bun ----- Broccoli 1/2c Maple Glazed Carrots 3/4c Fruit 1/2c Milk-8oz	30 Taco in a Bag w/Nacho Doritos, Meat, Cheese and Salsa ----- Corn 1/2c Black Bean Salad 1/2c Fresh Fruit- 1 Piece Milk-8oz			

NYS LOCAL FOODS
*Upstate Farms Dairy
-milk, yogurt, sour cream
*LynOaken Farms Apples
*Local Farm Vegetables
and Fruit
*Items used in
Meal Program
highlighted in green*

In addition to the entrée of the day, we also serve the following items daily:
Cheese or Cheese and Pepperoni Pizza (2M2G)
6" Subs Made to Order (2M2G)
10" Beef Taco (2M2G)
Fruit & Yogurt Parfait w/Flatbread (2M2G)
Julienne Salad w/Flatbread (2M2G)
Peanut Butter & Jelly Sandwich (2M2G)

Offered daily with all School Lunches:
Fresh or Prepared Fruit
(Must take 1/2 cup of Fruit or Vegetable - may take up to 1 cup)
NY State 8oz Non or Low Fat White or Non Fat Chocolate Milk

If your Son or Daughter has a particular food allergy, please contact the school nurse and the food service office @ vera.spurrier@lscsd.org

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com