



NYS Apples  
NYS Chips  
NYS Apple Slices

# APRIL 2024

## Middle School Lunch Menu



Personal Touch  
FOOD SERVICE

Menu is subject to change.

**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)

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)*

**NYS State Non or Low Fat White or Non Fat Chocolate Milk 8oz**

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

### 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  
Taco in a Bag w/Nacho Doritos, Meat, Cheese and Salsa  
**Baby Carrots 3/4c**  
**Fruit 1/2c**  
**Milk -8oz**

10  
Buffalo Chicken Sandwich  
**Steamed Broccoli 3/4c**  
**NYS Apple-1Piece**  
**Milk-8oz**

11  
Sloppy Joe's on a Hamburger Bun  
**Corn 3/4c**  
**NY Apple Slices**  
**Milk-8oz**

12  
Grilled Cheese Sandwich  
**Cauliflower 3/4c**  
**Fresh Fruit 1 piece**  
**Milk-8oz**

15  
Chicken Nuggets w/Dipping Sauce  
**Sweet Potatoes 3/4c**  
**Fruit 1/2c**  
**Milk-8oz**

16  
8" Taco w/Meat, Cheese, Lettuce and Salsa  
**Black Bean Salad 3/4c**  
**Fruit -1 Piece**  
**Milk-8oz**

17  
Hamburger or Cheeseburger on a Bun  
**NYS Chips 3/4c**  
**Fruit 1/2c**  
**Milk-8oz**

18  
Sweet and Sour Chicken Over Rice  
**Corn 3/4c**  
**NYS Apple -1 Piece**  
**Milk -8oz**

19  
Meatball Submarine w/Mozzarella Cheese  
**Steamed Broccoli 3/4c**  
**Fruit 1/2c**  
**Milk-8oz**

22  
Chicken Tenders w/Dipping Sauce  
**Green Beans 3/4c**  
**Fresh Fruit -1 Piece**  
**Milk -8oz**

23  
Nacho Grande w/Tostitos Chips, Lettuce, Cheese and Salsa  
**Corn 3/4c**  
**Fruit 1/2c**  
**Milk-8oz**

24  
Chicken Alfredo w/a Dinner Roll  
**Baked Beans 3/4c**  
**Fruit 1/2c**  
**Milk-8oz**

25  
Cheesy Ground Beef and Potatoes  
**Steamed Broccoli 3/4c**  
**NYS Apple -1 Piece**  
**Milk-8oz**

26  
**National Pretzel Day**  
Mozzarella Sticks w/Dipping Sauce Soft Pretzel  
**Carrots 3/4c**  
**Fresh Fruit 1 piece**  
**Milk-8oz**

29  
Hamburger or Cheeseburger on a Bun  
**Baked Beans 3/4c**  
**Fruit 1/2c**  
**Milk-8oz**

30  
8" Taco w/Meat, Cheese, Lettuce and Salsa  
**Corn 3/4c**  
**Fresh Fruit- 1 Piece**  
**Milk-8oz**

