









September 2022 Lunch Menu 9-12 \$1.75

# High School Lunch Menu



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
				 NYS Tomatoes, Zucchini and Summer Squash
	6 Taco in a Bag w/Nacho Doritos, Meat, Cheese and Salsa ----- NYS Seasoned Tomatoes 1/2c Diced Carrots 3/4c Fruit 1/2c Milk -8oz	7 Hot Dog on a Bun w/Seasoned Pasta ----- 1c Romaine Salad = 1/2c Steamed Broccoli 1/2c NYS Peaches -1Piece Milk-8oz	8 Chicken Tender Submarine w/Lettuce and Tomato ----- Sliced Cucumbers 1/2c Baked Beans 1/2c Fruit 1/2c Milk-8oz	9 Grilled Cheese Sandwich ----- Steamed Corn 1/2c NYS Seasoned Zucchini & Summer Squash 1/2c Fruit 1/2c Milk-8oz
12 Chicken Patty Submarine w/Lettuce and Tomato ----- Sliced Cucumbers 1/2c Baked French Fries 1/2c NYS Fresh Peach-1 Piece Milk-8oz	13 Nacho Grande w/Tostitos Chips, Meat, Cheese and Salsa ----- Corn 1/2c Black Beans 1/2c Fruit 1/2c Milk-8oz	14 Meatball Submarine w/Mozzarella Cheese ----- Carrot Bag 1/2c Green Beans 1/2c NYS Watermelon Slice Milk-8oz	15 Flatbread Pizza Cheese and Pepperoni ----- Sweet Peas 1/2c Sweet Potatoes 3/4c Fruit 1/2c Milk -8oz	16 Macaroni and Cheese w/Dinner Roll ----- 1c Romaine Salad = 1/2c Steamed Broccoli 1/2c Fruit 1/2c Milk-8oz
19 Hamburger or Cheeseburger on a Bun w/Seasoned Rotini ----- Green Beans 1/2c Baked Beans 1/2c Fruit 1/2c Milk-8oz	20 Taco in a Bag w/Nacho Doritos, Meat, Cheese and Salsa ----- Diced NYS Tomatoes 1/2c Corn 1/2c NYS Fresh Apples-1 Piece Milk- 8oz	21 Mozzarella Sticks w/ Dipping Sauce ----- 1c Romaine Salad =1/2c Steamed Broccoli 1/2c Fruit 1/2c Milk-8oz	22 Chicken Nuggets w/Seasoned Rice ----- Mixed Vegetables 1/2c NYS Seasoned Zucchini & Summer Squash 1/2c Fruit 1/2c Milk-8oz	23 Grilled Cheese Sandwich ----- Baby Carrots 1/2c NYS Cucumber Coins w/ Cherry Tomatoes 1/2c Fruit 1/2c Milk-8oz
26 Chicken Tenders w/Pasta Salad ----- NYS Seasoned Tomatoes 1/2cup Glazed Carrots 3/4c Fruit 1/2c Milk-8oz	27 Nacho Grande w/Tostitos Chips, Meat, Cheese and Salsa ----- Black Bean Salsa 1/2c Corn 1/2c Fruit 1/2c Milk-8oz	28 Italian Dunkers w/Spaghetti Dipping Sauce ----- Tater Tots 1/2c Fruit 1/2c Milk 8oz	29 Spaghetti and Meatballs w/Warm Dinner Roll ----- 1 c Romaine Salad =1/2c Green Beans 1/2c Fruit 1/2c Milk-8oz	30 Macaroni and Cheese w/Warm Garlic Dinner Roll ----- Sliced Cucumbers 1/2c Steamed Broccoli 1/2c NYS Fresh Apple -1 piece Milk-8oz

**NYS LOCAL FOODS**

- \*Upstate Farms Dairy -milk, yogurt, sour cream
- \*LynOaken Farms Apples
- \*Local Farm Vegetables and Fruit 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 (2M-2G)
- 6" Subs Made to Order (2M2G)
- 10" Taco's Beef or Chicken (2M-2G)
- Julienne Salad (Includes Flatbread) 2M2G
- Triple Decker
- Peanut Butter & Jelly Sandwich (2M2G)
- Fruit & Yogurt Parfait w/Flatbread(2M2G)

**Offered daily with all School Lunches:**

**Fresh or Prepared Fruit**  
(Must take ½ cup of Fruit or Vegetable – may take up to 1 cup)

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

This institution is an equal opportunity provider and employer.