



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHICKEN NUGGETS SMILEY POTATOES GREEN BEANS DICED PEARS	2 CHICKEN PATTY WG BREAD STEAMED CARROTS APPLESAUCE CUP	3 STRIPS OF FIRE WG ROTINI TOSSED SALAD APPLESAUCE CUP	4 SLOPPY JOES OVEN FRIES SWEET CORN FRESH FRUIT	5 WG PERSONAL PIZZA PEPPERONI OPTIONAL FRESH GARDEN SALAD ORANGE SLICES
8 COLUMBUS DAY SCHOOL CLOSED	9 GRILLED CHEESE WG BREAD STEAMED CARROTS APPLESAUCE	10 STRIPS OF FIRE WG PENNE GARDEN SALAD PEACH	11 TWIN TACOS SALSA/CORN CHEDDAR CHEESE CORN TACOS MIXED FRUIT	12 WG PIZZA SQUARE PEPPERONI OPTIONAL TOSSED SALAD FRSH FRUIT
15 TERYAKI CHICKEN BROWN RICE SWEET CORN PEACH HALVES	16 ALL BEEF HOT DOG VEGETARIAN BAKED BEANS TATER TOTS APPLESAUCE CUP	17 STRIPS OF FIRE WG MAC & CHEESE TOSSED SALAD MIXED FRUIT	18 HAMBURGER OR CHEESEBURGER OVEN FRIES SWEET CORN FRESH FRUIT	19 WG PERSONAL PIZZA PEPPERONI OPTIONAL FRESH GARDEN SALAD ORANGE SLICES
22 POPCORN CHICKEN SWEET POTATO FRIES SWEET CORN DICED PEARS	23 GRILLED CHEESE PANINI OVEN BAKED FRIES MIXED FRUIT	24 STRIPS OF FIRE PENNE PASTA GARDEN SALAD PEACH CUP	25 TWIN TACOS SALSA/CORN CHEDDAR CHEESE CORN TACOS MIXED FRUIT	26 WG PIZZA SQUARE PEPPERONI OPTIONAL TOSSED SALAD APPLESAUCE CUP
29 CHICKEN TERRIAKI TATER TOTS GREEN BEANS DICED PEARS	30 CHICKEN PATTY RAINBOW MACARONI SALAD SLICED PEACHES	31 STRIPS OF FIRE WG ROTINI TOSSED SALAD APPLESAUCE CUP		

WHAT IS A COMPLETE LUNCH?

Take at least 3 out of 5!

A complete lunch consists of at least 3 of the 5 components offered:

1. Meat/Meal Alternate
2. Vegetable
3. Fruit or 100% fruit juice
4. Grain
5. Milk

MUST TAKE A FRUIT OR VEG-ETABLE

ALTERNATIVE ENTREES

AVAILABLE MONDAY - FRIDAY

_CHEF SALAD W/ASSORTED DELI WRAPS

PEANUT BUTTER & JELLY
CHEESE SANDWICH
TUNA SANDWICH
YOGURT PARFAIT WITH
WHOLE GRAIN ROLL
WHOLE WHEAT PIZZA

GRILLED CHICKEN CAESAR SALAD
W/ WHOLE WHEAT BREADSTICK

AVAILABLE WEDNESDAYS

MEATBALL HERO

AVAILABLE FRIDAYS

SPICY CHICKEN QUESADILLA

**DID YOU KNOW...?
LUNCH IS A MEAL!**

Kids who take sides, eating fruits & veggies with their entrée, are more satisfied and have more energy to get through a busy day!

STUDENT LUNCH IS \$2.75

The school lunch office can be reached at 516-678-7548
Online Payments & Account Information is available at www.myschoolbucks.com