### SMSD 9-12 LUNCH MENU

**Menu Subject To Change**

**July 2023**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Watermelon and Chicken Nuggets" /></td>
<td><img src="image" alt="Nachos and Tostitos" /></td>
<td><img src="image" alt="Orange Fruit" /></td>
<td><img src="image" alt="Cheeseburger" /></td>
<td><img src="image" alt="BBQ Ranch Chicken" /></td>
</tr>
</tbody>
</table>
| **10** Chicken Nuggets  
Warm Buttered Roll  
Seasoned Pasta  
Green Beans | **11** Nachos Grand w/ Tostitos  
Seasoned Meat & Cheese  
Buttered Corn | **12** Spaghetti & Meatballs  
Garlic Rolls  
Roasted Tomatoes & NYS Onions | **13** Cheeseburgers  
French Fries  
Roasted Zucchini  
National French Fry Day | **14** BBQ Ranch Chicken  
Pizzas  
Spinach & Mushrooms |
| ![Baked Pasta & Cheese](image) | ![10" Chicken & Cheese Quesadillas](image) | ![Assorted Wraps](image) | ![Chicken Tenders](image) | ![Pepperoni & Cheese Pizzas](image) |
| **17** Baked  
WG Pasta & Cheese  
Green Beans  
Frozen Treat | **18** 10" Chicken & Cheese Quesadillas  
Sour Cream  
Corn  
Black Bean Salsa | **19** Assorted Wraps  
Meal & Cheese  
Lettuce-Tomato  
Cucumber  
Pretzels | **20** Chicken Tenders  
Carrot & Celery Sticks  
FF Ranch Dressing  
Pretzel Sticks | **21** Pepperoni & Cheese Pizzas  
Spinach & Tomatoes  
Watermelon Slices |
| ![Build Your Own Salad](image) | ![Turkey Hot Dogs on a WG Bun](image) | ![Homemade Macaroni & Cheese](image) | ![Chicken Patty Sandwich](image) | ![Meatball Parmesan Subs](image) |
| **24** Build Your Own Salad  
Seasoned Chicken Tomato-Cucumber  
Cheese Garlic Bread | **25** Turkey Hot Dogs on a WG Bun  
Sweet Potatoes  
Roasted Eggplant | **26** Homemade Macaroni & Cheese  
Garlic Bread  
Green Beans  
Carrots | **27** Chicken Patty Sandwich  
Lettuce-Cheese  
BBQ Vegetarian  
Baked Beans | **28** Meatball Parmesan Subs  
Pasta & Sauce  
Broccoli & Garlic Butter |
| ![Chicken Finger Subs](image) | | ![Build Your Own Salad](image) | | |
| **31** Chicken Finger Subs  
Parmesan Roasted Potatoes  
Summer Squash | | | | |

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**Lunch Fact**

Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but also are good for you, too.

Reference: USDA. MyPlate.gov.

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**Offered Daily:**

- With All School Lunches:
  - Fresh & Prepared Fruit & Vegetables
  - Pre-made Assorted Salads (Garden Or 2oz Protein)
  - PB & Jelly Sandwich (Grade Level Portions)
  - Non or Low-Fat White or Chocolate Milk

- **Start with a:**
  - Vegetable
  - Fruit (or take both)
  - Choose whole grains
  - Pick a lean protein
  - Add serving of milk

Choose at least 3