## SMSD K-8 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>
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| 10 Chicken Nuggets  
   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 |
| **17** Baked Pasta & Cheese  
   Green Beans  
   Frozen Treat | **18** Chicken & Cheese Quesadillas  
   Sour Cream  
   Corn  
   Black Bean Salsa | **19** Assorted Wraps  
   Meat & Cheese  
   Lettuce-Tomato Cucumber Pretzels | **20** Chicken Tenders  
   Carrot & Celery Sticks  
   FF Ranch Dressing | **21** Pepperoni & Cheese Pizzas  
   Spinach & Tomatoes Watermelon Slices |
| **24** Build Your Own Salad  
   Seasoned Chicken Tomato-Cucumber Cheese Garlic Bread | **25** Turkey Hot Dogs  
   Sweet Potatoes  
   Roasted Eggplant | **26** Homemade Macaroni & Cheese  
   Green Beans Carrots | **27** Chicken Patty Sandwich  
   Lettuce-Cheese BBQ Vegetarian Baked Beans | **28** Meatball Parmesan Subs  
   Pasta & Sauce Broccoli & Garlic Butter |
| **31** Chicken Finger Subs  
   Parmesan Roasted Potatoes  
   Summer Squash | | | | This USDA School is an Equal Opportunity Provider and |

**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.

**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