

Menu is Subject to Change.

Monday

Tuesday

Wednesday

Thursday

Friday



NYS LOCAL FOODS
*Upstate Farms Dairy
-milk, yogurt, sour cream
*Lyn Oaken 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:

6" Subs and Wraps Made to Order (2M2G)

Salads Made to Order (Includes Flatbread) 2M2G

Peanut Butter & Jelly Sandwich (2M2G)

Fruit & Yogurt Parfait
w/Flatbread(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)

NY State Fat Free or Low-Fat White or Chocolate Milk 8oz

5
Turkey Subs
Lettuce- Cheese
WG Chez Its

Baked Beans 1/2C
Green Beans 1/2C
Fresh Fruit -1 piece
Milk-8oz

6
National Frozen Yogurt Day
Hot Dog on a WG Bun

French Fries 1/2C
Baby Carrots 1/2C
Fruit 1/2c
Milk -8oz

7
Meatball Parm Subs
Garlic Butter Pasta

Steamed Broccoli 1/2C
Sliced Cucumbers 1/2C
NYS Apple-1Piece
Milk-8oz

8
Sweet & Sour Popcorn Chicken
Buttered WG Rice

1C Romaine Salad 1/2C
Corn 1/2C
Fruit 1/2c
Milk-8oz

9
WG Grilled Cheese Sandwich
Tomato Soup

Carrots 3/4C
Roasted Cauliflower 1/2C
Fresh Fruit 1 piece
Milk-8oz

12
Breakfast For Lunch
Egg Patty w/cheese
Sausage- Hash Brown Patty

Maple Glazed Carrots 3/4C
Green Beans 1/2C
Fruit 1/2C
Milk-8oz

13
Taco in a BAG
Nacho Cheese Doritos
Seasoned Meat-Cheese-Salsa
Sour Cream
Black Bean Salad 1/2 C
Corn 1/2C
NYS Apple -1 Piece
Milk-8oz

14
Chicken Fajita Wraps
Seasoned WG Rice

Sliced Green Peppers 1/2c
Mixed Vegetables 1/2c
Fruit 1/2C
Milk-8oz
Decorated Sugar Cookies

15
BBQ Chicken Nuggets
w/ FF Dipping Sauce
NYS Baked Potatoes 1/2C (sour cream)
1C Romaine Salad 1/2C
Fresh Fruit 1 Piece
Milk -8oz

16
Baked Pasta & Meat Sauce
Garlic Dinner Roll

Steamed Broccoli 1/2C
Baby Carrots 1/2C
Fruit 1/2c
Milk-8oz

Mid- Winter Break Mid- Winter Break Mid- Winter Break Mid- Winter Break Mid- Winter Break

26
Salisbury Steaks & Gravy
Mashed Potatoes

Broccoli 1/2C
Baked beans 1/2C
Fruit 1/2C
Milk-8oz

27
Taco Tuesday
Seasoned Meat – Cheese
WG Rice

Corn 1/2C
Cauliflower 1/2C
Fresh Fruit- 1 Piece
Milk-8oz

28
Assorted Meat & Cheese Wraps
Lettuce-Cheese
Baked Chips

Baby Carrots 1/2C
Green Beans 1/2C
Fruit 1/2C
Milk-8oz

29
Seasoned Chicken Tenders
Garlic Butter Roll
NYS Roasted Potatoes 1/2C
Sliced Carrots 3/4C
NYS Apple-1Piece
Milk-8oz

If your son/daughter has a particular food allergy, please contact the Food Service Office @ (716) 834-7200 EX 219
OR maggiec@smsdk12.org