




Cafe Menu

Elementary Schools



2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU IS SUBJECT TO CHANGE	1 Rosh Hashanah School Closed	2 Chicken Patty on WG roll Black beans Sweet Corn Fruit choice Milk Choice	3 Pasta w/ Meat Sauce Tater tots Fruit choice Milk Choice	4 Pizza Friday Cheese or Pepperoni Carrot coins Fruit choice Milk Choice
7 Chicken tenders French Fries Fruit choice Milk Choice	8 Twin Tacos Crisp corn Fruit Choice Milk Choice	9 Yom Kippur School Closed	10 Brunch For Lunch French Toast with Sausage Hash Browns Fruit Choice Milk Choice	11 Pizza Friday Garden Salad Fruit Choice Milk Choice
14 Columbus Day School Closed	15 Chicken & Cheese Quesadilla With Salsa Cheese & Rice & black beans Fruit choice Milk Choice	16 Mozzarella Sticks With Marinara Sauce Sweet Corn Fruit Choice Milk Choice	17 Pasta With Meat Sauce Crisp Carrots Fruit choice Milk Choice	18 Pizza Friday Cheese or Pepperoni Green Beans Fruit Choice Milk Choice
21 Popcorn Chicken Carrot Coins French Fries Fruit choice Milk Choice	22 Tacos, Meat, Cheese, Lettuce, Tomato, Salsa Sweet corn Fruit choice Milk Choice	23 Hamburger/cheeseburger Tater tots Cheesy Broccoli Fruit Choice Milk Choice	24 Brunch For Lunch Pancakes & Sausage Hash Browns Fruit Choice Milk Choice	25 Pizza Friday Garden Salad Fruit Choice Milk Choice
28 Chicken Patty on WG roll Broccoli Baked French Fries Fruit Choice Milk Choice	29 Nachos Supreme Taco Meat, Cheese & Salsa With Crunchy Tostitos Crisp sweet corn Fruit Choice Milk Choice	30 Pizza Bagels Chick pea salad Tater tots Fruit choice Milk Choice	31 Halloween Special Spooky Bat Shaped Chicken Nuggets with Fries Carrot sticks w/ dip Fruit Choice Milk Choice	We Use Boar's Head Premium Deli Meats 

Regular Lunch-\$2.90
Please register at MySchoolBucks.com
To make pre-payments, Check balances and Transaction history. Look on District Website under "Lunch Menus" for details.
DAILY ALTERNATES:
MONDAY- Corn Dogs
TUESDAY -Grilled Cheese w/ tomato soup
WEDNESDAY - Bacon Egg Cheese sandwich
THURSDAY - Chicken Fingers
FRIDAY - Yogurt

Meal Components

- Meat/Meat alternative** – 1-2 oz. Daily minimum (8-10 oz. weekly)
- Whole Grain** – 1-2oz – (8-9 oz. weekly)
- Vegetable** – 3/4 cup (3 3/4 cup weekly)
- Fruit** – 1/2 Cup (2 1/2 cup weekly)
- Milk** – 8 oz. milk choice
- USDA Regulations** – Students must take 3 of 5 components 1 of which must be a fruit or vegetable

We are committed to serving healthy, nutritious meal choices. Our meals emphasize whole grains, fresh fruits, vegetables and *nothing is ever fried*. **Menu is subject to change without notice.** This institution is an equal opportunity Provider and employer. If you would like to apply for a sub position with our kitchen please contact Human Resources at 631.262.6627.

DAILY ALTERNATES:

- Regular Bagel With Butter Or Cream Cheese
- Cereal or Yogurt With Fresh Fruit

Gluten Free Options (Must notify kitchen ahead of time):

- Pizza, Chicken Tenders, Bagels, Salads, Sandwiches