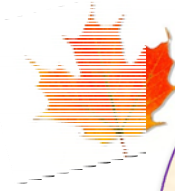




Cafe Menu

Elementary Schools

2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>We can accommodate for allergies Please notify the School Lunch Office: 631.262.6647</p>		<p><u>We Use Boar's Head Premium Deli Meats</u></p>		<p>1 Pizza Party Friday Cheese or Pepperoni Crunchy Cucumber Sticks Fruit choice Milk Choice</p>
<p>4 Chicken Nuggets With Dipping Sauce Chick pea salad Fruit choice Milk Choice</p>	<p>5 Election Day No School</p>	<p>6 Pasta w/ Meat Sauce Seasoned steamed broccoli Fruit choice Milk Choice</p>	<p>7 Brunch For Lunch WG French Toast Sticks Bacon Tater Tots Fruit choice Milk Choice</p>	<p>8 Pizza Party Friday Cheese or Pepperoni Crisp carrots Fruit Choice Milk Choice</p>
<p>11 No School</p>	<p>12 TACO TUESDAY Crunchy Twin tacos w/ Cheese, lettuce & salsa Sweet carrots fruit choice Milk Choice</p>	<p>13 Cheesburger on a Bun Honey baked beans Baked French Fries Fruit choice Milk Choice</p>	<p>14 Brunch For Lunch WG Pancakes Turkey Sausage Hash browns Fruit choice Milk Choice</p>	<p>15 Pizza Party Friday Cheese or Pepperoni Steamed Broccoli Fruit choice Milk Choice</p>
<p>18 Chicken Parm On A Roll Crisp sweet carrots Fruit choice Milk Choice</p>	<p>19 Nachos w/ beef & cheese Corn & Black bean salad Fruit Choice Milk Choice</p>	<p>20 Creamy Homemade Mac and Cheese Tree top broccoli Fruit choice Milk Choice</p>	<p>21 Brunch For Lunch WG Waffles Sausage Tater Tots Fruit choice Milk Choice</p>	<p>22 Pizza Party Friday Cheese or Pepperoni Crunchy cucumber sticks Fruit Choice Milk Choice</p>
<p>25 Chicken Tenders WG dinner roll Broccoli w/ cheddar Fruit Choice Milk Choice</p>	<p>26 TACO TUESDAY Soft Twin tacos w/ Cheese, lettuce & salsa Chick pea salad Fruit choice Milk Choice</p>	<p>27 THANKSGIVING SPECIAL Turkey shaped chicken nuggets Sweet Potato Fries Seasoned Green Beans Fruit choice Milk Choice</p>	<p>28 Thanksgiving Day Recess School Closed</p>	<p>29 Thanksgiving Day Recess School Closed</p>

Regular Lunch-\$2.90
Please register at MySchoolBucks.com
To make pre-payments, Check balances and Transaction history. Look on our Website under "Lunch Menus" for details.
DAILY ALTERNATES:
MONDAY- Grilled cheese & Soup du jour
TUESDAY - Bacon Egg Cheese Sandwich
WEDNESDAY - Boar's Head Turkey & Cheese sandwich
THURSDAY -Popcorn Chicken w/ dipping sauce
FRIDAY - Garden salad w/ cheese

Meal Components
Meat/Meat alternative

1-2 oz. Daily
8-10 oz. weekly

Whole Grain

1-2oz daily
8-9 oz. weekly

Vegetable

3/4 cup Daily
3 ¾ cup weekly

Fruit

1/2 Cup daily
2 ½ 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

DAILY ALTERNATES:
Regular Bagel With Butter Or Cream Cheese
Cereal, Salad or Yogurt With Fruit & milk
Gluten Free menu available
(Must notify kitchen ahead of time)

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.