April 2023

Global Concepts High School 9-12
Lunch Menu

Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Spring Recess April 3rd - 10th No School	4  Spring Recess No School	5 Spring Recess No School 	6  Spring Recess No School	7 Spring Recess No School 
10  Spring Recess No School	11 **Nacho Grande** (2M,2G) - - - - - - - - - - - - - Steamed Rice 1/2c Black Bean Salsa 1/2c Fruit 1/2c Milk-8oz	12 **Grilled Cheese** (2M,2G) - - - - - - - - - - - - - Oven Potatoes 1/2c Mixed Veggies 1/2c Fruit 1/2c Milk-8oz	13 **Chicken Nuggets** (2M,2G) - - - - - - - - - - - - - Steamed Rice 1/2c Black Bean Salsa 1/2c Fruit 1/2c Milk-8oz	14 **Cheese Pizza** (2M,2G) - - - - - - - - - - - - - - - Roman Salad 1/2c Carrot Coins 1/2c Fruit 1/2c Milk -8oz
17 **Burger / Cheese Burger** (2M,2G) - - - - - - - - - - - - - Carrot Rounds 3/4c Oven Browned Potatoes 1/2c Fruit 1/2c Milk-8oz	18 **Macaroni and Cheese** (2M,2G) - - - - - - - - - - - - - Broccoli 1/2c Chick Pea Salad 1/2c Fruit 1/2c Milk-8oz	19 **Chicken Fingers** (2M,2G) - - - - - - - - - - - - - - Romain Salad 1c NY State Red Potatoes 1/2c Fruit 1/2c	20 **Mozzarella Sticks** **Dipping Sauce** (2M,2G) - - - - - - - - - - - - - - Buttered Egg Noodles 1/2c Mixed 1/2c Fruit 1/2c Milk-8oz	21 **No School** Eid Al-Fatr. (Festival of Sweets)
24 **Nacho Grande** (2M,2G) - - - - - - - - - - - - - Garden Corn 1/2c Refried Beans 1/2c Fruit 1/2c Milk-8oz	25 **Cheese Italian Dippers** (2M,2G) - - - - - - - - - - - - - - Oven Browned Potatoes Fruit 1/2c Milk -8oz	26 **Spaghetti and Meatballs** (2M,2G) - - - - - - - - - - - - - Romain Salad 1c Chick Pea Salad 1/2c Fruit 1/2c Milk-8oz	27 **Chicken Patty** (2M,2G) - - - - - - - - - - - - - - Mixed Veggies 1/2c Oven Browned Potatoes 1/2c Fruit 1/2c	28 **Early Release** **No Lunch**
Harvest of the Month NY State Apples Red Potatoes				

NYS LOCAL FOODS

**Upstate Farms Dairy*
-milk, yogurt, sour cream
**LynOaken Farms Apples*
**Local Farm Vegetables and Fruit*
used in Meal Program
highlighted in green

We serve the following Items Daily

Deli Bar! (2M2G)

Salad Bar! (2M2G)

PBJ Sandwiches! (2M2G)

Made Fresh Daily!!!!

Fresh or prepared fruits and vegetables offered daily.

(Must take ½ cup of Fruit or Veggies may take one cup)

Non-or Low-Fat White or Non-Fat Chocolate Milk

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