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Monday 7	Tuesday 1 Nacho Grande w/Tostitos Cheese and Salsa Baked Beans 1/2c Steamed Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Wednesday 2 Spaghetti w/Meatballs Fresh Carrots 3/4c Green Beans 1/2c Fresh or Prepared Fruit 1/2c	Thursday 3 French Toast Sticks W/Sausage NYS Potatoes 1/2c Mixed Vegetables 1/2c	Friday 4 Macaroni and Cheese 1C Romaine Lettuce=1/2c	
7	Cheese and Salsa Baked Beans 1/2c Steamed Corn 1/2c Fresh or Prepared Fruit 1/2c	Spaghetti w/Meatballs Fresh Carrots 3/4c Green Beans 1/2c	French Toast Sticks W/Sausage NYS Potatoes 1/2c	Macaroni and Cheese 1C Romaine Lettuce=1/2c	
7	Corn 1/2c Fresh or Prepared Fruit 1/2c	Green Beans 1/2c			-
7		Milk-8oz	Fresh or Prepared Fruit 1/2c Milk-8oz	Steamed Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	
Buffalo Chicken Tender Sub	8 Taco in a Bag w/Cheese and Salsa	9 Chili	10 Chicken Alfredo	11 Grilled Cheese Sandwich	
Parm Roasted Cauliflower 1/2c Sweet Potatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Vegetarian Beans 1/2c Seasoned Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Green Peas 1/2c Steamed Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Salad Greens 3/4c Pinto Beans 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	1C Romaine Lettuce=1/2c Garlic Roasted Broccoli 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	(
14	15	16	17	18	
	Spri	ing Brea	ık!!		•
21	22 Nacho Grande w/Tostitos Cheese and Salsa	23 BBQ Hamburgers On a Bun	24 Baked Chicken	Mozzarella Sticks w/ Dipping Sauce	
	Vegetarian Beans 1/2c Seasoned Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Green Beans 1/2c Fresh Baby Carrots 3/4c Fresh or Prepared Fruit 1/2c Milk-8oz	NYS Potatoes w/ Onion 1/2c Steamed Carrots 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	1C Romaine Lettuce=1/2c Mixed Vegetables 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	
28 Popcorn Chicken	Taco in a Bag w/Cheese and Salsa	30 National Tie-dye Day Chicken Patty Whole-Grain Bun			
Green Beans 1/2c Sweet Potatoes 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Baked Beans 1/2c Steamed Corn 1/2c Fresh or Prepared Fruit 1/2c Milk-8oz	Asian Roasted Carrots 3/4c Mixed Vegetables1/2c Fresh or Prepared Fruit 1/2c Milk-8oz			(

If your Son or Daughter has a particular food allergy, please contact the school nurse and the food service office @ vera.spurrier@lscsd.org. Additionally, ingredient and nutritional information is available upon request

Students Receive Free Lunch

Menu Subject to Change

NYS LOCAL FOODS *Upstate Farms Milk, Yogurt, Sour Cream **Eden Valley Growers Assorted Varieties of Apples Eden Valley Growers Assorted Fruits & Vegetables** used in Meal Program highlighted in green

The Following Entrees Served Daily:

Cheese or Cheese and Pepperoni Pizza (2M2G)

10" Beef Taco (2M2G)

6" Subs and Wraps (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 ½ cup of Fruit or Vegetable - may take up to 1 cup)

NY State 8oz 1% or Skim White Milk **Fat Free Chocolate Milk**

Approved by PTFS Dietitian: Perry Schmidt, MS, RD, CDN

PAY FOR MEALS ONLINE