

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*

*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/Flat-
bread(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 Non or Low Fat White or
Non Fat Chocolate Milk 8oz*

*If your child has a particular allergy
please contact Mary Kurz in the health
office @ 585-765-3124 or Michelle Hig-
gins in the cafe @ 585-765-3166*

Monday



4
Chicken Nuggets
Pasta

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

Tuesday



5
Taco

Corn 1/2C
Sliced Carrots 3/4C
Fruit 1/2c
Milk-8oz

Wednesday



6
Pizza

Steamed Broccoli 1/2C
Mashed Potatoes 1/2C
NYS Apple-1Piece
Milk-8oz

Thursday



7
Cheeseburger
on a Bun

NYS Cole Slaw 1/2C
1C Romaine Salad= 1/2C
Fruit 1/2c
Milk-8oz

Friday

1
Dr. Suess Day
Green Eggs and Ham
on a Bagel

Truffula Trees-Broccoli
1/2C
Fox in sox-Peas 1/2C
Lorax Oranges- 1 Piece
One Fish Two Fish Graham
Cracker Fish
Milk-8oz

8
Italian Dunkers w/
Marinara Sauce

Baby Carrots 1/2C
Celery sticks 1/2C
Fresh Fruit 1 piece
Milk-8oz

11
Chicken Patty
On a Roll

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

12
Nachos

Corn 1/2C
Black Bean Salad 1/2C
NYS Apple -1 Piece
Milk-8oz

13
Hot Dog
On a Bun

Peas 1/2C
Tator Tots 1/2C
Fruit 1/2C
Milk-8oz

14
Pizza

Green Beans 1/2C
Sliced Cucumbers 1/2C
Fresh Fruit -1 Piece
Milk-8oz

15
Mac and Cheese
Dinner roll

Carrots 1/2C
Mixed vegetables 1/2C
Fruit 1/2c
Milk-8oz

18
Chicken Tenders
with Pasta

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

19
Pizza

Corn 1/2C
Sliced Peppers 1/2C
Fruit 1/2C
Milk-8oz

20
Spaghetti
and Meatballs

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

21
Grilled Chicken
on a
Bun

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

22
Mozzarella Sticks with
Marinara sauce

Sweet Potatoes 1/2C
1C Romaine Salad= 1/2C
Fresh Fruit 1 piece
Milk-8oz

25
Grilled Chicken
On a Bun

French Fries 1/2C
Carrots 3/4C
Fruit 1/2C
Milk-8oz

26
Taco

Corn 1/2C
Black Bean Salad 1/2C
Fresh Fruit- 1 Piece
Milk-8oz

27
Chicken Alfredo
with a Dinner Rol

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

28
Pizza

NYS Cole Slaw 1/2C
Green beans 1/2C
NYS Apple-1Piece
Milk-8oz

29
No School

Spring Break