

NYS LOCAL FOODS
*Upstate Farms Dairy
-milk, yogurt, sour cream
*LynOaken Farms Apples
*Local Farm Vegetables and Fruit
Items 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 (2M2G)
- Salads (Includes Flatbread) 2M2G
- Pepperoni and Cheese Pizza(2M2G)
- Peanut Butter & Jelly Sandwich (2M2G)
- Fruit & Yogurt Parfait w/Flatbread(2M2G)**

Offered daily with all School Lunches:
Fresh or Prepared Fruit
(Must take 1/2 cup of Fruit or Vegetable – may take up to 1 cup)
NY State 8oz Non or Low Fat White or Non Fat Chocolate Milk

If your Son or Daughter has a particular food allergy, please contact the food service office @ (716) 337-0166

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

8

9

Nacho Grande w/ Meat and Cheese

Corn 1/2C
Seasoned Tomatoes 1/2C
Fruit 1/2c
Milk -8oz

10

Grilled Cheese Sandwich

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

11

Chicken Pattie On a Bun

Cauliflower 1/2C
Carrots 3/4C
NY Apple Slices
Milk-8oz

12

Buffalo Chicken Flat Bread

Baby Carrots 3/4 C
1C Romaine Salad=1/2C
Fresh Fruit 1 piece
Milk-8oz

15

Meatball Sub

Sweet Potatoes 3/4C
Green Beans 1/2C
Fruit 1/2C
Milk-8oz

16

8" Chicken Taco w/ cheese and lettuce

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

17

Macaroni and Cheese

Baby Carrots 1/2C
Mashed Potato 1/2C
Fruit 1/2C
Milk-8oz

18

Sloppy Joe On a Bun

NYS Chips 1/2C
NYS 1C Romaine Salad=1/2C
Apple -1 Piece
Milk -8oz

19

Chicken Tenders w/ Dinner Roll

Steamed Broccoli 1/2C
Mixed Vegetables 1/2C
Fruit 1/2c
Milk-8oz

22

Pasta Bar

Green Beans 1/2C
Carrots 3/4C
Fresh Fruit -1 Piece
Milk -8oz

23

Taco in a Bag w/ meat, cheese and Lettuce

Corn 1/2C
Peas 1/2C
Fruit 1/2C
Milk-8oz

24

Hamburger/ Cheeseburger On a Bun

Baked beans 1/2C
Mixed Vegetables 1/2C
Fruit 1/2C
Milk-8oz

25

Chicken Souvlaki Rice bowl

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

26

National Pretzel Day
Mozzarella Sticks w/Dipping Sauce

Soft Pretzel
Baby Carrots 1/2C
1C Romaine Salad=1/2C
Fresh Fruit 1 piece
Milk-8oz

29

Pulled Pork Sandwich

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

30

8" Taco w/ meat, cheese and lettuce

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

