

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*

Available Daily

Salad Bar or Premade Salad
Hamburger/Cheeseburger
Premade Subs & Wraps
PBJ
Pizza M,W, Fri
Tacos Tue/Thurs

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**

If your Son or Daughter has a
particular food allergy, please
contact the food service office
spaden@swcshs12.org

**Starting Dec 1, All
Student Breakfast
and Lunch Meals are
Free.**

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
MySchoolBucks.com

LUNCH

Monday



Tuesday



Wednesday



Thursday



Friday

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

Twin Bosco Sticks

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

Chicken Fajita

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

**Baked Chicken w/
Dinner Roll**

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

Combo Basket

NYS Cole Slaw ½C
1C Romaine Salad= ½C
Fruit ½c
Milk-8oz

Fish Sticks

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

Chicken Tender Sub

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

Meatball Sub

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

Chicken Patty on Bun

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

Chicken Alfredo

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

Grilled Cheese

Baby Carrots ½C
Mixed vegetables ½C
Fruit ½c
Milk-8oz

Chicken Fajita

Green Beans ½C
Baked Beans ½C
Fresh Fruit -1 Piece
Milk -8oz

Mozzarella Sticks

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

**Sweet and Sour Meatballs
w/ Rice**

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

Bacon Burger

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

Fish Tacos

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

Meatball Sub

French Fries ½C
Carrots ¼C
Fruit ½C
Milk-8oz

Chicken Tender Sub

Corn ½C
Black Bean Salad ½C
Fresh Fruit- 1 Piece
Milk-8oz

Chicken Fajita

Baby Carrots ½C
Green beans ½C
Fruit ½C
Milk-8oz



March 28 thru April 8

