

NYS Apples
NYS Cabbage



Dr. Suess Day 1
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

Combo Basket

Baked Beans 3/4C
Fresh Fruit -1 piece
Milk-8oz

Twin Chicken Fajitas

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

Meatball Sub

Steamed Broccoli 3/4c
NYS Apple-1Piece
Milk-8oz

Havanna Nachos

NYS Cole Slaw 1/4c
Fruit 1/2c
Milk-8oz

Parent/Teacher Conferences
Dismiss at 12:10 am

No Lunch Served

BBQ Chicken Wrap

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

Sweet & Sour Meatballs
w/ Rice

Black Bean Salad 3/4 C
NYS Apple -1 Piece
Milk-8oz

Mozzarella Sticks
w/ Marinara Sauce

Tator Tots 3/4C
Fruit 1/2C
Milk-8oz

Twin Chicken Fajitas

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

Macaroni & Cheese

Steamed Broccoli 3/4C
Fruit 1/2c
Milk-8oz

Chicken Tender Sub

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

Twin Tacos

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

Combo Basket

Baked beans 3/4C
Fruit 1/2C
Milk-8oz

Havanna Nachos

Steamed Broccoli 3/4C
NYS Apple -1Piece
Milk-8oz

Grilled Cheese

Sweet Potatoes 3/4
Fresh Fruit 1 piece
Milk-8oz

Meatball Sub

Baked beans 3/4C
Fruit 1/2C
Milk-8oz

Nacho Grande

Corn 3/4C
Fresh Fruit -1 Piece
Milk-8oz

Twin Chicken Fajitas

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



March 28
thru
April 8

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

Pizza Tu/Thurs
PBJ
Subs
Premade Entrée Salad Tue/Thurs
Hot Dog/Hamburger M,W,Fri
Yogurt Basket W

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 Non or Low Fat
White or**

If your Son or Daughter
has a particular food al-
lergy, please contact the
food service office
spaden @swcsk12.org

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