



Breakfast
is Available Daily
at all schools.

Complete Meal: a student must take at least **3 of the 5 different components** offered (bread/grain; meat/meat alternative; fruit; vegetable; and milk) One **MUST** be a fruit or a vegetable. If a child has questions about a complete meal, please encourage him/her to ask the food service staff. Thank you!




Makes checks payable to **Onteora CSD Food Service** or payment may be applied on-line through the parent portal



Base Menu for 6-8 and 9-12 Meal Pattern.
Menu subject to change without notice.

Onteora Central School District

February 2021

Monday	1	Tuesday	2	Wednesday	3	Thursday	4	Friday	5
"Smackers" Popcorn Chicken Oven Baked Fries Green Beans and Assorted Fruit *Vegetarian Nuggets*		Cheese Ravioli in Marinara Whole Wheat Italian Bread Spinach and Assorted Fruit		New Orleans Chicken Roasted Brussel Sprouts Brown Rice and Assorted Fruit *Veggie Burger*		French Bread Pizza Salad of Mixed Greens Assorted Fruit		<u>Asynchronous Day K-6</u> Pre-order Lunch for your child to take home with them on Thursday or you can pick it up at the MS/HS 11am-1pm or 4pm-6pm on Thursday	
Monday	8	Tuesday	9	Wednesday	10	Thursday	11	Friday	12
Hamburger with Lettuce and Tomato on a Whole Wheat Bun Oven Baked Fries & Assorted Fruit *Black Bean Burger*		Ham and Cheese Panini Kale Salad and Baked Beans Assorted Fruit *Eggplant, Tomato, and Mozz. Panini*		Chicken Fajitas with whole wheat Tortillas, Peppers and Onions, Corn Salsa, Shredded Cheese and Assorted Fruit *Refried Beans*		Creamy Chicken and Broccoli With Brown Rice Carrots and Assorted Fruit *Mushroom Stroganoff*		Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit	
Monday	15	Tuesday	16	Wednesday	17	Thursday	Holiday Feast 18	Friday	19
School Closed 		<u>Asynchronous Day K-6</u> Pre-order Lunch for your child to take home with them on Monday or you can pick it up at the MS/HS 11am-1pm or 4pm-6pm on Tuesday		Cheese Lasagna in Marinara With Whole Wheat Italian Bread Broccoli & Assorted Fruit		BBQ Chicken Sandwich on a Whole Wheat Bun with Lettuce, Cucumber Slices Oven Baked Tater Tots & Assorted Fruit *Veggie Burger*		Individual Round Pizza Salad of Mixed Greens and Assorted Fruit	
Monday	22	Tuesday	23	Wednesday	24	Thursday	25	Friday	26
Meatball Hero on a Whole Wheat Roll Multi-bean Salad and Assorted Fruit *Eggplant Parm Hero*		Japanese Cherry Blossom Chicken Brown Rice and Broccoli Assorted Fruit *Vegetable and Tofu Stir Fry*		Mozzarella Sticks with Marinara, Caesar Salad and Assorted Fruit		Turkey Pot Roast and Gravy Whipped Potatoes, Whole Wheat Roll Green Beans and Assorted Fruit *Southwest Veggie Bowl*		French Bread Pizza Salad of Mixed Greens Assorted Fruit	
 Breakfast and Lunch is FREE for all students!		<i>Mission Statement: An Onteora education fosters intellectual curiosity, mutual respect, self-respect, creative problem solving, individual expression, ethical decision making and active engagement in the world. Our community values and supports its children, through a holistic collaboration among students, families, the educational community, and Onteora residents at large. Students will graduate as engaged citizens and life-long learners with the confidence, self-awareness and skills to reach their maximum potential, and to live rich and successful lives.</i>							

Offered Daily: 1%, Skim Milk and Fat Free Chocolate Milk \$0.50

Adult Meals (does not include milk) \$3.98+TAX= \$4.30

Vegetarian Option

Available Daily:

Sandwiches: Tuna, Turkey, Ham, and/or Cheese or Sunbutter (sunflower seed spread) and Jelly.

Salad Plates: Tuna, Chef, Chicken Caesar, Cheese with Fruit, or a Hummus Platter with Pita and Veggies

Veggies: Carrot Crunchers and extra servings of vegetable offered
This organization is an equal opportunity provider and employer.

If you child is fully remote or hybrid, school breakfast and lunch are available for pick-up on Tuesdays and Thursdays. Please fill out the meal survey under the food service page on the website or call Christine Downs at 845-657-2373 ext. 2181 or email at cdowns@onteora.k12.ny.us

	Breakfast	Lunch	Second Lunch
K-3	AT NO COST	AT NO COST	\$2.75
4-6	AT NO COST	AT NO COST	\$2.75/\$3.25
7-8	AT NO COST	AT NO COST	\$3.25
9-12	AT NO COST	AT NO COST	\$3.50
Reduced	AT NO COST	AT NO COST	See grade above