



**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



**Breakfast** is Available Daily at all schools.

MS/HS: **Onteora Central School District** March 2023  
Base Menu for 7-8 and 9-12 Meal Pattern

<b>Breakfast and Lunch are at No Charge for K-6 students for the 2022-2023 School Year!</b>		Wednesday 1	Thursday 2	Friday 3
		Japanese Cherry Blossom Chicken Or <b>*Tofu and Vegetable Stir Fry*</b> With Brown Rice, Broccoli and Assorted Fruit	Fish Bites or <b>*Veggie Nuggets*</b> Oven Baked Fries, Multi-Bean Salad, and Assorted Fruit	Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit
Monday 6	Tuesday <b>Try It Tuesday</b> 7	Wednesday 8	Thursday 9	Friday 10
“Smackers” Popcorn Chicken or <b>*Southwest Veggie Bread Bowl*</b> Baked Potato Wedges Green Beans and Assorted Fruit	BBQ Pulled Pork or <b>*BBQ Lentils*</b> on a Whole Wheat Roll, Coleslaw, Baked Beans and Assorted Fruit	“Grilled” Cheese Sandwich Home-Style Tomato Soup Carrot Crunchers and Assorted Fruit	Spaghetti with Meatballs or Spaghetti with Marinara Whole Wheat Italian Bread Roasted Broccoli and Assorted Fruit	Individual Round Pizza Salad of Mixed Greens Assorted Fruit
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Chicken Patty or <b>*Veggie Burger*</b> on a Whole Wheat Bun, Spinach and Assorted Fruit	Cheese Ravioli in Marinara with Whole Wheat Italian Bread Marinated Chickpeas and Assorted Fruit	Meatloaf “Volcanos” or <b>*Southwest Veggie Bowl*</b> with Whipped Potatoes, Gravy, Green Beans and Assorted Fruit	Teriyaki Chicken with Peppers and Edamame Or <b>*Tofu and Vegetable Stir Fry*</b> With Brown Rice, Gingered Carrots and Assorted Fruit	French Bread Pizza Salad of Mixed Greens Assorted Fruit
Monday 20	Tuesday 21	Wednesday 22	New York Thursday 23	Friday 24
Hamburger or <b>*Veggie Burger*</b> on a Whole Wheat Bun, with Baked Beans, Lettuce, Tomato and Assorted Fruit	Roasted Chicken or <b>*Southwest Veggie Bowl*</b> Whipped Potatoes and Gravy Broccoli and Assorted Fruit with a Whole Grain Cookie	Superintendent Conference Day <b>No School</b>	<b>NY Breakfast for Lunch</b> French Toast Bake with Fresh Whipped Cream, Oven Roasted Potato Home Fries And Apple Slices	Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit
Monday 27	Tuesday 28	Wednesday 29	Thursday  30	Friday 31
Hotdogs: NY 100% <b>Beef</b> , Turkey or <b>*Veggie*</b> on a Whole Wheat Roll with Sauerkraut, Multi-Bean Salad and Assorted Fruit	Meatball or <b>*Eggplant Parm*</b> Hero on a Whole Wheat Roll with Kale Salad and Assorted Fruit	Beef or <b>*Refried Bean*</b> Tacos with Cheddar Cheese, Brown Rice, Shredded Lettuce and Chunky Salsa, Corn and Assorted Fruit	Buddha Bowl with Brown Rice, Chickpeas, Edamame, Zucchini, Carrots and Grape Tomatoes Assorted Fruit	Individual Round Pizza Salad of Mixed Greens Assorted Fruit

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

Adult Meals \$4.92+TAX= \$5.31

	Break fast	Lunch	Second Lunch
<b>K-6</b>	AT NO COST	AT NO COST	\$3.00
<b>7-8</b>	<b>\$1.60</b>	<b>\$2.60</b>	\$3.50
<b>9-12</b>	<b>\$1.60</b>	<b>\$2.85</b>	\$3.75
<b>Reduced</b>	AT NO COST	AT NO COST	See grade above

**\*Suitable for Vegetarian Diet\* (most can be adjusted for Vegan Diet)**

- Suitable for Vegan Diet

**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

**Try It Tuesday:** In efforts to get our students to try new foods such as fruits, vegetables, beans, legumes and grains, we feature a “Try it Tuesday” each month. All students, whether they buy lunch that day or not, can have a taste of the featured item. Please encourage your child(ren) to “Try It” each month.

This organization is an equal opportunity provider and employer.

**Menu subject to change without notice**