



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.

Onteora Central School District

May 2022

MS/HS: Base Menu for 7-8 and 9-12 Meal Pattern				Onteora Central School District		May 2022					
Monday 2		Tuesday 3		Wednesday 4		Thursday 5		Friday 6			
“Smackers” Popcorn Chicken or *Black Bean Burger on a Whole Wheat Roll* Oven Baked Potato Wedges Carrots and Assorted Fruit		Cheese Stuffed Rigatoni in Marinara with WW Bread Spinach and Assorted Fruit		Fish Bites or *Veggie Nuggets* Oven Baked Fries, Green Beans and Assorted Fruit		Chicken or *Chickpea* Fajitas with whole wheat Tortillas, Peppers and Onions, Black Bean Salsa, Shredded Cheese and Assorted Fruit		 Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit			
Monday 9		Tuesday Try It Tuesday 10		Wednesday 11		Thursday 12		Friday 13			
Beef, Turkey or *Veggie* Dog On a Whole Wheat Roll with Sauerkraut, Oven Baked Fries and Assorted Fruit		Meatball or *Eggplant Parm* Hero on a Whole Wheat Roll with Roasted Asparagus and Assorted Fruit		BBQ Chicken or *Southwest Veggie Bowl* Macaroni Salad, Baked Beans, Carrot Crunchers and Assorted Fruit		Cheese Ravioli in Marinara With Whole Wheat Italian Bread Broccoli and Assorted Fruit		French Bread Pizza Salad of Mixed Greens Fruit Cocktail			
Monday 16		Tuesday 17		Wednesday 18		New York Thursday 19		Friday 20			
“Grilled” Chicken Parm or *Eggplant Parm* on a Whole Wheat Bun, Roasted Brussel Sprouts and Assorted Fruit		<u>Breakfast For Lunch</u> French Toast Sticks with Syrup Sausage, Sweet Potato Fries Maple Cinnamon Roasted Chickpeas Assorted Fruit		Turkey Cubes and Gravy Whipped Potatoes, WW Biscuit Green Beans and Assorted Fruit *Southwest Veggie Bowl*		Mozzarella Sticks with Marinara Featuring a Salad made with New York State Kale and Assorted Fruit		Individual Round Pizza Salad of Mixed Greens Assorted Fruit			
Featured Meatless Monday 23		Tuesday 24		Wednesday 25		Thursday 26		Friday 27			
Tuscan Bean and Basil Penne With Whole Wheat Italian Bread Marinated Chickpeas and Assorted Fruit		Chicken and Cheese or *Bean and Cheese* Quesadilla with Chunky Salsa, Corn and Assorted Fruit		Teriyaki Chicken with Peppers Or *Tofu and Vegetable Stir Fry* With Brown Rice, Broccoli and Assorted Fruit		Cheesy Baked Ziti With Whole Wheat Italian Bread Green Beans and Assorted Fruit		Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit			
Monday 30		Tuesday 31		 MEMORIAL DAY REMEMBER AND HONOR				 SCHOOL LUNCH HERO DAY May 6th		Breakfast and Lunch is FREE for all students for the 2021-2022 School Year!	
 MEMORIAL DAY REMEMBER AND HONOR		Boneless Chicken Wings or *Veggie Nuggets* Oven Baked Fries, Roasted Cauliflower and Assorted Fruit									

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

Adult Meals \$5.02+TAX= \$5.43

	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
This organization is an equal opportunity provider and employer.			

Vegetarian Option (most can be served as Vegan)
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
Menu subject to change without notice.

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.