









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: Base Menu for 7-8 and 9-12 Meal Pattern		Onteora Central School District				January 2022			
								Breakfast and Lunch is FREE for all students for the 2021-2022 School Year!	
Monday	3	Tuesday	4	Wednesday	5	Thursday	6	Friday	7
“Smackers” Popcorn Chicken or *Black Bean Burger on a Whole Wheat Roll* Oven Baked Potato Wedges Green Beans and Assorted Fruit		Spaghetti with Plain or Meat Sauce Whole Wheat Italian Bread Spinach and Assorted Fruit		Fish Bites or *Veggie Nuggets* Oven Baked Fries Multi-Bean Salad Assorted Fruit 		Grilled Cheese Sandwich Home-Style Tomato Soup Carrot Sticks & Cucumber Slices Assorted Fruit		Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit	
Monday	10	Tuesday	Try it Tuesday 11	Wednesday	12	Thursday	13	Friday	14
Hamburger or *Veggie Burger* on a Whole Wheat Bun, Oven Baked Tater Tots, Carrot Crunchers, Lettuce and Tomato, with Assorted Fruit		Cheesy Baked Ziti With Whole Wheat Italian Bread Roasted Cauliflower and Assorted Fruit		Ham and Cheese Panini or *Eggplant, Tomato, and Mozz. Panini* With Baked Beans, Veggie Sticks and Assorted Fruit		Sweet and Sour Popcorn Chicken or *Vegetable and Tofu Stir Fry* Brown Rice and Broccoli Assorted Fruit		French Bread Pizza Salad of Mixed Greens Assorted Fruit	
Monday	17	Tuesday	18	Wednesday	19	Thursday	20	Friday	21
		Beef, Turkey or *Veggie* Dog On a Whole Wheat Roll with Baked Beans, Sauerkraut and Assorted Fruit		OCS' Traditional Macaroni and Cheese Whole Wheat Dinner Roll Spinach and Assorted Fruit		Breakfast For Lunch Pancakes with Syrup Sausage, Sweet Potato Fries, and Assorted Fruit		Individual Round Pizza Salad of Mixed Greens Assorted Fruit	
Featured Meatless Monday 24		Tuesday	25	Wednesday	26	New York Thursday 27	Friday	28	
Super Sweet Potato & Black Bean Chili Over Rice with Cucumber Slices Crispy Roasted Ranch Chickpeas And Assorted Fruit		Cheese Lasagna in Marinara With Whole Wheat Italian Bread Broccoli & Assorted Fruit		Turkey Pot Pie or *Southwest Veggie Bread Bowl* With a Whole Wheat Biscuit Gingered Carrots and Assorted Fruit		Roasted Chicken or *Southwest Veggie Bowl* Whole Wheat Roll, Green Beans Featuring Whipped Potatoes made from New York Fresh Potatoes Gravy and Assorted Fruit		Stuffed Crust Pizza Salad of Mixed Greens Assorted Fruit	
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 (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.			
		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.									