



**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** February 2023  
Base Menu for 7-8 and 9-12 Meal Pattern

				Wednesday 1	Thursday 2	Friday 3
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		NY 100% <b>Beef</b> , Turkey or <b>*Veggie*</b> Dog On a Whole Wheat Roll with Sauerkraut, <b>Baked Beans</b> , and Assorted Fruit		Calzone Bites with Marinara, Caesar Salad and Assorted Fruit	Fish Bites or <b>*Veggie Nuggets*</b> Oven Baked Fries, With Carrots and Assorted Fruit	French Bread Pizza Salad of Mixed Greens Assorted Fruit
Monday 13		Tuesday  14		Wednesday 15	<b>New York Thursday</b> 16	Friday 17
Hamburger or <b>*Veggie Burger*</b> on a Whole Wheat Bun, with Baked Tater Tots, Lettuce, Tomato, Baked Beans & Assorted Fruit		Cheese Lasagna in Marinara with Whole Wheat Italian Bread Green Beans & Assorted Fruit		Tangerine Chicken Or <b>*Tofu and Vegetable Stir Fry*</b> With Brown Rice, Broccoli and Assorted Fruit	Chili made with NY <b>Beef and Beans</b> Or <b>*Veggie Chili*</b> with NY <b>Beans</b> Served over NY Baked <b>Potato</b> , with Upstate <b>String Cheese</b> , <b>Kale</b> Salad, Issa's <b>Pita</b> Chips, and NY <b>Apples</b>	Individual Round Pizza Salad of Mixed Greens Assorted Fruit
Monday 20		Tuesday 21		Wednesday 22	Thursday 23	Friday 24
		<b>Breakfast for Lunch</b> French Toast Sticks with Syrup Sausage, Sweet Potato Fries, Maple Cinnamon Roasted Chickpeas and Assorted Fruit		<b>OCS' Traditional</b> <b>Macaroni and Cheese</b> with a Whole Wheat Roll Spinach and Assorted Fruit	Meatball or <b>*Eggplant Parm*</b> Hero on a Whole Wheat Roll with Green Beans and Assorted Fruit	French Bread Pizza Salad of Mixed Greens Assorted Fruit
Monday 27		Tuesday 28		<b>Breakfast and Lunch are at No Charge</b> for K-6 students for the 2022-2023 School Year!		
Chicken Patty or <b>*Veggie Burger*</b> on a Whole Wheat Bun, Spinach and Assorted Fruit		Swedish Meatballs or <b>*Mushroom Stroganoff*</b> Over Noodles with Green Beans and Assorted Fruit				

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

Adult Meals \$4.92+TAX= \$5.31

	Breakfast	Lunch	Second Lunch	*Suitable for Vegetarian Diet* (most can be adjusted for Vegan Diet) ✓ - Suitable for Vegan Diet	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.
K-6	AT NO COST	AT NO COST	\$3.00	<b>Available Daily:</b> <b>Sandwiches:</b> Tuna, Turkey, Ham, and/or Cheese or Sunbutter (sunflower seed spread✓) and Jelly. <b>Salad Plates:</b> Tuna, Chef, Chicken Caesar, Cheese with Fruit, or a Hummus Platter with Pita and Veggies (✓) <b>Veggies:</b> Carrot Crunchers and extra servings of vegetable offered	
7-8	\$1.60	\$2.60	\$3.50		
9-12	\$1.60	\$2.85	\$3.75		
Reduced	AT NO COST	AT NO COST	See grade above		
This organization is an equal opportunity provider and employer.					

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