

November 2018 K-8 Lunch Menu!!

Menu subject to change



Students must take 3 full items including a 1/2 cup fruit or vegetables

Click on the item below to view the nutritional values:

- [Milk](#)
- [Juice](#)
- [Fruit](#)
- [Chilled Fruit](#)
- [Condiment](#)

All Bread items are Whole Wheat or Whole Grain, Daily Alt-Chef Choice, Tues & Thurs specialty salad
Milk choice includes 1%, fat free, & flavored fat free

Baby Carrots offered daily, Veggie Crunchers & Hummus T&Th
Fun Lunch, PBJ Sandwich, and Grilled Cheese Offered Daily

AT BPS Child Nutrition Services, it is our goal to serve as much NYS grown produce as possible.

Examples include NYS Apples, NYS Onions, NYS Fresh Maple Syrup, NYS Tomatoes, and all of our F2S Items. These items can also be found on the Salad Bar.

*A Medical Professional Prescription is REQUIRED for ALL Special Diets. The note must state what foods the Student cannot consume. The School Nurse and Cafeteria both need a copy. Certain items on this Menu may or may not be available in the Cafeteria without script on file.

Monday

Tuesday

Wednesday

Thursday

Friday

FARM TO SCHOOL

HARVEST OF THE MONTH IS Apples!!

5	Cheese Pizza Salad W/ Spinach Chips, Baked -NYS Milk Choice-	6	- TBD -	7	Your Way Wednesday! Korean BBQ Beef -or- BBQ Teriyaki Chicken Seasoned Brown Rice Sweet Corn Dinner Roll -NYS Milk Choice-	8	1 Grilled Chicken Breast WG Kaiser Roll lettuce & tomato Red Potato Roasted Mixed Vegetable NYS Macintosh Apple -NYS Milk Choice-	9	2 French Toast Sticks Turkey Sausage Links Potato Tater Tot Cinnamon Pita Chips -NYS Milk Choice-
12	-No School-	13	Reduced Sodium Meatloaf Slices Bacon Cheese Burger Onion Rings Mixed Vegetable lettuce & tomato -NYS Milk Choice-	14	Your Way Wednesday! Turkey Taco WG Tortilla Wrap -or- Nacho Cheese Doritos Seasoned Brown Rice Black Beans Fresh Salsa -NYS Milk Choice-	15	WG Chicken Nugget French Fry Crinkle Cut Broccoli, Steamed Corn Muffin NYS Bosh Pear -NYS Milk Choice-	16	-Chef's Choice- Salad W/ Romaine Grape Slushy Pouch -NYS Milk Choice-
19	Grilled Cheese Salad W/ Spinach Chocolate Pudding -NYS Milk Choice-	20	Oven Roasted Chicken Seasoned Brown Rice Carrots, Coins Corn Muffin -NYS Milk Choice-	21	Your Way Wednesday! Flatbread Pizza with Chorizo Flatbread Pizza with Tomato Flatbread Pizza with Broccoli Salad W/ Romaine -NYS Milk Choice-	22	-No School-	23	-No School-
26	Cheese Pizza Salad W/ Spinach 100% Fruit Slush Cup -NYS Milk Choice-	27	Breaded Chicken Drumstick Mini maple Waffles Sweet Potato Fries Mixed Vegetable -NYS Milk Choice-	28	Your Way Wednesday! Diced Chicken Alfredo -or- Meatsauce -Over- Yakisoba Noodles WG Breadstick Green Bean -NYS Milk Choice-	29	Breaded Chicken Tender Red Potato Roasted WG Breadstick Broccoli, Steamed NYS Honey Crisp Apples -NYS Milk Choice-	30	Sloppy Joe On A Bun Seasoned Brown Rice Sweet Corn Mini Rice Krispy -NYS Milk Choice-