

NYS LOCAL FOODS

**Upstate Farms Dairy
-milk, yogurt, sour cream
*LynOaken Farms Apples
*Local Farm Vegetables and Fruit
used in Meal Program
highlighted in green*

**In addition to the Entrée of the Day,
we also serve the following Items**

Daily:

Pizza

**6" Subs and Wraps Made to Order
(2M2G)**

**Salads Made to Order
(Includes Flatbread) 2M2G**

Peanut Butter & Jelly Sandwich (2M2G)

**Fruit & Yogurt Parfait w/Flat-
bread(2M2G)**

**Offered daily
with all School Lunches:
Fresh or Prepared Fruit
(Must take ½ cup of Fruit or Vegeta-
ble – may take up to 1 cup)**

**NY State Non or Low Fat White or
Non Fat Chocolate Milk 8oz**

If your Son or Daughter has a particular
food allergy, please contact the food
service office @
lvalentin@opschools.org

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
MySchoolBucks.com

LUNCH

Monday



**Hamburger/
Cheeseburger
On a WG Bun**

Baked Beans 1/2C
Green Beans 1/2C
Fresh Fruit -1 piece
Milk-8oz

**Popcorn Chicken
w/Pasta Salad**

Maple Glazed Carrots
3/4C
Broccoli 1/2C
Fruit 1/2C
Milk-8oz

**Hamburger/
Cheeseburger
On a WG Bun**

Green Beans 1/2C
Baked Beans 1/2C
Fresh Fruit -1 Piece
Milk -8oz

**Chicken Nuggets
w/Pasta**

French Fries 1/2C
Carrots 3/4C
Fruit 1/2C
Milk-8oz

Tuesday



**Nacho Grande
Lettuce & cheese
Sour Cream & Salsa
W/Rice**

Corn 1/2C
Sliced Carrots 3/4C
Fruit 1/2C
Milk -8oz

**Doritos Taco In a Bag
Lettuce & cheese
Sour Cream & Salsa**

Black Bean Salad 1/2 C
Corn 1/2C
NYS Apple -1 Piece
Milk-8oz

**10" Chicken Quesadilla
Lettuce & cheese
Sour Cream & Salsa**

Corn 1/2C
Sliced Peppers 1/2C
Fruit 1/2C
Milk-8oz

**10" Taco
Lettuce & cheese
Sour Cream & Salsa**

Corn 1/2C
Black Bean Salad 1/2C
Fresh Fruit- 1 Piece
Milk-8oz

Wednesday



**Roasted Turkey& Gravy
w/Dinner roll**

Steamed Broccoli 1/2C
Mashed Potatoes 1/2C
NYS Apple-1Piece
Milk-8oz

**Chicken Fingers
Wraps**

Peas 1/2C
Tator Tots 1/2C
Fruit 1/2C
Milk-8oz

**Chicken Patty
On a WG Bun**

Maple Glazed Carrots
3/4C
Cauliflower 1/2C
Fruit 1/2C
Milk-8oz

**Pasta w/Sauce
and Meatballs
Dinner roll**

Baby Carrots 1/2C
Green beans 1/2C
Fruit 1/2C
Milk-8oz

Thursday



**BBQ Pulled Pork
On a WG Bun**

NYS Cole Slaw 1/2C
1C Romaine Salad-
1/2C
Fruit 1/2C
Milk-8oz

**Chicken Alfredo
w/Dinner roll**

Green Beans 1/2C
Sliced Cucumbers
1/2C
Fresh Fruit -1 Piece
Milk -8oz

Chef's Choice

Steamed Broccoli 1/2C
Peas 1/2C
NYS Apple -1Piece
Milk-8oz

**Chicken Fingers
w/Rice**

NYS Cole Slaw 1/2C
Broccoli 1/2C
NYS Apple-1Piece
Milk-8oz

Friday

Dr. Suess Day
Green Eggs and
Ham on a Bagel

Truffula Trees-Broccoli
1/2C
Fox in Sox-Peas 1/2C
Lorax Oranges- 1 Piece
One Fish Two Fish Gra-
ham Cracker Fish
Milk-8oz

**Superintendent's
Conference Day**

Mozzarella sticks

Baby Carrots 1/2C
Mixed vegetables 1/2C
Fruit 1/2C
Milk-8oz

**Mac and Cheese
w/Dinner roll**

Sweet Potatoes 1/2C
1C Romaine Salad-
1/2C
Fresh Fruit 1 piece
Milk-8oz

**Start of Spring
Break**