

Menu is subject to change.

Offered daily with all School Lunches:
Fresh or Prepared Fruit
(Must take 1/2 cup of Fruit or Vegetable – may take up to 1 cup)

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

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

Pizza

Salads

(Includes WG) (2M2G)

Peanut Butter & Jelly Sandwich (2M2G)

Fruit & Yogurt Parfait w/Flatbread(2M2G)

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Chicken Tenders 1</p> <p>Baked Beans 3/4 c French Fries 1/2 c Fruit 1/2 c Milk-8oz</p>	<p>Pasta w/Sauce & meatballs 2 Garlic Dinner roll</p> <p>Broccoli 3/4 c NYS Apple-1Piece Milk-8oz</p>	<p>Grilled Cheese sandwich (1 1/2) 3</p> <p>Fresh Baby Carrots 3/4 c Fruit 1/2 c Milk -8oz</p>
<p>Hamburger/ Cheeseburger On A WG Bun 6</p> <p>Maple Glazed Carrots 3/4 c Fresh Fruit -1 piece Milk-8oz</p>	<p>10" Taco Lettuce & Cheese Sour Cream & Salsa 7</p> <p>Corn 3/4 C Fruit 1/2 c Milk -8oz</p>	<p>Pulled Pork On A WG Bun 8</p> <p>Baked Beans 3/4C NYS Apple-1Piece Milk-8oz</p>	<p>Popcorn Chicken 9</p> <p>Green Beans 3/4 c Fruit 1/2 c Milk-8oz</p>	<p>Mozzarella Sticks W/ Marinara Sauce 10</p> <p>Steamed Broccoli 3/4 c NYS Apple-1Piece Milk-8oz</p>
<p>Chicken Patty On A WG Bun 13</p> <p>NYS Sliced Tomatoes NYS Apple -1 Piece Milk-8oz</p>	<p>10" Chicken Fajita Sour Cream & Salsa 14</p> <p>Black Beans 3/4 c Fruit 1/2 c Milk-8oz</p>	<p>Meatball Hoagies 15</p> <p>Steamed Broccoli 3/4 c Fresh fruit- 1 Piece Milk-8oz</p>	<p>Chicken Nuggets W/dipping Sauce 16</p> <p>Green Beans 3/4 c NYS Apple Slices 1/2 c Milk -8oz</p>	<p>Grilled Cheese Sandwich (1 1/2) 17</p> <p>Corn 1/2 c Fruit 1/2 c Milk-8oz</p>
<p>Hamburger/ Cheeseburger On A WG Bun 20</p> <p>Carrots 3/4 c Fruit 1/2 c Milk-8oz</p>	<p>Doritos Taco in a bag Lettuce & Cheese Sour Cream & Salsa 21</p> <p>Corn 3/4 c NYS Fresh Apples-1 Piece Milk- 8oz</p>	<p>Pasta w/Sauce & meatballs Garlic Dinner roll 22</p> <p>Green Beans 3/4 c Fruit 1/2 c Milk-8oz</p>	<p>Chicken Fingers 23</p> <p>Baked Beans 3/4 c NY Apple slices 1/2 c Milk-8oz</p>	<p>No School 24</p>
<p>memorial DAY 27</p>	<p>National Hamburger Day 28 Hamburger On A WG Bun Tator Tots 1/2 c Baked Beans 3/4 c Fruit 1/2 C Milk-8oz Frozen Treat</p>	<p>Mozzarella Sticks w/ Marinara Sauce 29</p> <p>Carrots 3/4 c Fresh Fruit- 1 Piece Milk- 8oz</p>	<p>Popcorn Chicken 30</p> <p>Steamed Broccoli 3/4 c NYS Apple-1Piece Milk-8oz</p>	<p>10" OP Mack Wrap 31</p> <p>Green Beans 3/4 c Fruit 1/2c Milk-8oz</p>

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

Student \$ 2.90
Adult \$ 5.00