

MENU

MIDDLE SCHOOL LUNCH

MENU

Daily Alternate Entrée Options:

PB & J Uncrustables
Hummus & Tortilla Chips
Fruit & Granola Parfait
Turkey Sub or Chicken Wrap

MAY

Pricing:

Lunch: \$3.50
Milk: \$.60



			Mac & Cheese 1 Corn Muffin Steamed Broccoli Baby Carrots & Hummus	Cheese or Pepperoni 2 Pizza Garden Salad Applesauce Cup
 CINCO de MAYO 5 Cheesy Empanada Mexican Fiesta Rice & Beans Sweet Corn Assorted Fruit	Hot Dog on Bun 6 Pasta Salad Rainbow Pepper Sticks Warm Cinnamon Pears	French Toast Sticks 7 Cheese Omelet Home Fries Syrup Cup & Assorted Fruit	Crispy Chicken 8 Sandwich Sweet Potato French Fries Spinach Salad Assorted Fruit	Cheese or Pepperoni 9 Pizza Garden Salad Applesauce Cup
Chicken Nuggets 12 Emoji Fries Fresh Veggie w/Hummus Assorted Fruit	Loaded Taco Tater Tots 13 (beef, cheese, salsa, sour cream) Corn & Corn Muffin Rainbow Pepper Sticks	Cheesy Breadsticks 14 with Marinara Sauce Pesto Pasta Fresh Veggie Cup Assorted Fruit	Baked Ziti (w/ beef) 15 Garlic Texas Toast Peas & Carrots Assorted Fruit	Cheese or Pepperoni 16 Pizza Garden Salad Applesauce Cup
Cheeseburger 19 French Fries Rainbow Pepper Sticks Assorted Fruit	Soft Shell Tacos (2) 20 (beef, cheese, lettuce) Salsa & Sour Cream Corn & Black Beans Assorted Fruit & Veggies	Rotini w/Meat Sauce 21 Garlic Breadstick NY Roasted Asparagus Fresh Veggie Cup & Fruit 	Orange Chicken 22 Fried Rice & Egg Roll Steamed Green Peas Assorted Fruit	Cheese or Pepperoni 23 Pizza Garden Salad Applesauce Cup
No School 2 Memorial Day 	Chicken Nuggets 27 Sunrise Waffle Emoji Fries Syrup Cup & Assorted Fruit	Toasted Cheese Croissant 26 Baked Chips String Cheese Cucumber Slices & Hummus	Ultimate Nachos 29 (beef, cheese sauce) Salsa & Sour Cream Corn & Black Beans Baby Carrots w/ Dip	Cheese or Pepperoni 30 Pizza Garden Salad Applesauce Cup

View Menus Online



Menu nutrition, including carbohydrate counts, and specialty menu information can be found online.

Menu is subject to change.
Notice is posted when available.

linqconnect.com

All lunch meals include a variety of fresh fruit, vegetables and low-fat white or flavored milk.

In collaboration with
CAPITAL REGION
BOCES
SHARED FOOD SERVICE PROGRAM

