

Any Questions or Concerns Contact FSD Marilyn DiGregorio  
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 Looking for a Job Opportunity? Please Contact FSD for More Information.

\*This Institution is an equal opportunity provider and employer

All meals Offered with a Milk Choice Of:  
 1% White  
 Fat Free  
 Fat Free Chocolate  
 (All milk is antibiotic and hormone free)

**Lunch Price**  
 Full - \$2.00  
 Reduced - \$0.00  
 Free - \$0.00  
 Adult  
 \$3.78 + Tax

1  
 Chicken Tenders  
 Whole Grain Dinner Roll  
 Dipping Sauces  
 Fresh Red & Green Peppers  
 Fresh Local NY Apple

4 **National Tater Tot Day**  
 Oven Roasted Chicken On The Bone  
 Oven Baked Tater Tots  
 Creamy Tomato Soup  
 Chick Pea Salad  
 Fresh Watermelon  
**DOLLAR DAY MONDAY**

5  
 Spaghetti W/ Choice of Marinara OR Meat Sauce  
 WG Garlic Bread  
 Crisp Celery Sticks  
 Oven Roasted Zucchini Squash  
 Fresh Local NY Apple

6 **National Bamboo Chopstix Day**  
 Sweet N' Sour Chicken  
 Lo Mein Noodles  
 Served With Bamboo Chopstix  
 Seasoned Broccoli  
 Fresh Pineapple

7 **Cheese Steak**  
 Seasoned Beef Slices W/ Cheddar Cheese On A Whole Grain Club Roll  
 Oven Roasted Green & Red Peppers & Onions  
 Fresh Pear

8 **Wachos**  
 Crispy Chicken Topped on A WG Waffle  
 W/ Cheese Sauce  
 Carrot Sticks  
 Sweet Golden Corn  
 Fresh Local NY Apple  
**Aramark Promotion**

11 **Nacho Day**  
 Seasoned Chicken OR Beef  
 Tortilla Rounds  
 Cheddar Cheese, Salsa  
 Sour Cream  
 Black Bean Salad  
 Sweet Golden Corn  
 Fresh Grapes  
**DOLLAR DAY MONDAY**

12  
 Buffalo Chicken Wrap  
 Chicken Soup  
 Fresh Cucumber Salad  
 Baked Vegetarian Beans  
 Fresh Cantaloupe

13 **Baked Potato Bar**  
 Baked Potato  
 Toppings: Cheddar Cheese, Bacon Bits, Chili, & Broccoli  
 Whole Grain Dinner Roll  
 Carrot Sticks  
 Seasoned Green Beans  
 Fresh Local NY Apple

14  
 Breaded Chicken Chunks  
 Dipping Sauces  
 Oven Baked Curly Fries  
 Vegetarian Beans  
 Fresh Orange Slices



19 **Taco Tuesday**  
 100% Seasoned Beef  
 Choice of Soft Shell Or Hard Shell Taco  
 Toppings: Cheddar Cheese, Lettuce, Tomato, Sour Cream  
 Black Bean & Corn Salad  
 Fresh Local NY Apple

20  
 Oven Baked Grilled Cheese Sandwich  
 Creamy Tomato Soup  
 Side Caesar Salad  
 Fresh Red & Green Pepper Strips  
 Sweet Golden Corn  
 Fresh Orange

21  
 Rotini Pasta  
 In A Homemade Bolognese Sauce  
 Garlic Broccoli  
 Chick Pea Salad  
 Fresh Watermelon

22 **\*Dippers\***  
 Pizza Cheese Sticks  
 Mariana Dipping Sauce  
 Cucumber Salad  
 Vegetarian Beans  
 Fresh Local NY Apple

25 **Beef Burrito**  
 Seasoned 100% All Beef  
 Whole Grain Tortilla  
 Beans & WG Rice  
 Seasoned Broccoli  
 Fresh Orange  
**DOLLAR DAY MONDAY**

26  
 Crispy Chicken Parm On A Whole Grain Kaiser Roll  
 Fresh Tomato Salad  
 Seasoned Green Beans  
 Fresh Local NY Apple

27 **Brunch For Lunch**  
 Whole Grain Waffles  
 Chicken Sausage Patties  
 Oven Baked Hash Brown Patty  
 Syrup  
 Carrot Sticks/Celery Sticks  
 Berries

28 **1/2 & 1/2 Day**  
 Pizza & Tenders  
 Dipping Sauces  
 Homemade Stuffed Pepper Soup  
 Fresh Cucumber Slices  
 Sweet Golden Corn  
 Fresh Grapes

**Made To Order:** Boars Head Deli Sandwiches/Cold OR Panini Pressed  
**Pizza Station:** Cheese, Pepperoni & Special of the Day

**Specials**  
**Mon** - Spicy Chicken Patty Or Crispy Chicken Patty On A WG Bun  
**Tues** - Bosco Twin Cheese Stick W/Marinara Sauce  
**Wed** - All Beef Hot Dog On a WG Bun  
**Thurs** - Hamburger Or Cheeseburger On A WG Bun W/ Oven Baked French Fries  
**Fri** - BBQ Boneless Rib Patty On A WG Club Roll

**Other Daily Options:**  
 Grab & Go Salads W/ WG Dinner Roll, Grab & Go Boars Head Sandwiches, Sunflower Butter & Jelly, Bagel W/ String Cheese & Yogurt, Yogurt Parfait W/ Fruit & Breakfast Round  
**Fruit Cup 12oz - \$2.00**  
**Smoothies - \$2.50**  
 \*All Meals Offered With Fruit & Vegetable and whole grain Dinner Rolls \* We Serve Whole Grains

**\*Leafy Green Salad Available Daily**

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