

Any Questions or Concerns Contact FSD Marilyn DiGregorio
 @ 845-355-5116 OR MDiGregorio@minisink.com
 Looking for a Job Opportunity? Please Contact FSD for More Information.

*This Institution is an equal opportunity provider and employer



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

2 *Dippers*
 Pizza Cheese Sticks
 Mariana Dipping Sauce
 Cucumber Salad
 Vegetarian Beans
 Fresh Oranges

3
 Chicken Tenders
 Whole Grain Dinner Roll
 Dipping Sauces
 Local NY Red & Green Peppers
 Broccoli Cheddar Soup
 Fresh Local NY Apple

4 National Pasta Day
 Choice of Penne OR Spaghetti Pasta W/
 All Beef Meat Sauce Or Marinara
 Garlic Bread Sticks
 Seasoned Broccoli Berries

7
 Oven Roasted Chicken On The Bone
 Garlic Mashed Potatoes
 Creamy Tomato Soup
 Tomato Salad
 Fresh Watermelon
DOLLAR DAY MONDAY

8
Baked Homemade Macaroni & Cheese
 W/ Creamy Cheese Sauce & Topped W/
 WG Bread Crumbs
 Steamed Broccoli
 Fresh Orange

9 Cheese Calzone
 Mozzarella Cheese
 Stuffed Calzone
 Marinara Dipping Sauce
 Baked Vegetarian Beans
 Sweet Golden Corn
 Fresh Local NY Apple

10 Cheese Steak W/ A Twist
 100% Ground Beef Topped W/
 Provolone Cheese On A Whole Grain Club Roll
 Oven Roasted Green & Red Peppers
 Fresh Pear

11 Walking Taco
 Seasoned Chicken Inside a Bag Of Nacho Baked Doritos
 Black Bean Salad
 Sweet Golden Corn
 Fresh Local NY Apple
Aramark Promotion

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

15
Buffalo Chicken Wrap
 Chicken Soup
 Cucumber Salad
 Baked Vegetarian Beans
 Fresh Cantaloupe

16 Baked Potato Bar
 Baked Potato
 Toppings: Cheddar Cheese, Bacon Bits, Chili, & Broccoli
 Carrot Sticks
 Seasoned Green Beans
 Fresh Local NY Apple

17 Chicken Corn Dog
 Chicken Hot Dog
 In a WG Corn Batter on a Stick
 Oven Baked French Fries
 Vegetarian Beans
 Fresh Apple

18
 Homemade Lasagna W/
 Mozzarella Cheese & Marinara Sauce
 Whole Grain Garlic Toast
 Garlic Green Beans
 Fresh Pineapple



22 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 Apple

23
Oven Baked Grilled Cheese
 Creamy Tomato Soup
 Side Caesar Salad
 Red & Green Pepper Strips
 Sweet Golden Corn
 Fresh Orange

24
 Rotini Pasta
 In A Homemade Bolognese Sauce
 Oven Roasted Local Squash
 Chick Pea Salad
 Fresh Watermelon

25 Poncho Pup
 100% All Beef Hot Dog
 With Melted Cheddar Cheese
 Wrapped in a WG Tortilla Shell
 Oven Baked Tatar Tots
 Crisp Celery Sticks
 Fresh Local Apple

28
 Sweet N' Sour Chicken
 Whole Grain Rice
 Celery Sticks
 Vegetable Soup
 Vegetarian Beans
 Fresh Pineapple
DOLLAR DAY MONDAY

29
Crispy Chicken Parm On A Whole Grain Kaiser Roll
 Fresh Tomato Salad
 Seasoned Green Beans
 Fresh Local NY Apple

30 Brunch For Lunch
 Whole Grain Waffles
 Chicken Sausage Patties
 Hash Patty
 Syrup
 Carrot Sticks/Celery Sticks
 Fresh Orange

31 1/2 & 1/2 Day
 Pizza & Tenders
 Dipping Sauces
 Cucumber Slices
 Sweet Golden Corn
 Fresh Grapes

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

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 - Twin Chicken & Cheese Quesadilla Wrappers

***Leafy Green Salad Available Daily**

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**

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***Menus are subject to change**