



LUNCH

NOVEMBER 2021

Child Nutrition Pre K – 8th

Hot Lunch Menu

Monday

1
Roasted Chicken Pieces
WG Breadstick
Brown Rice $\frac{1}{2}$ cup
Kidney Beans, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

8
Chicken Nuggets with
Potato Wedges, $\frac{1}{2}$ cup
Savory Green Beans, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

15
Quesadilla with Cheese
Steamed Carrots, $\frac{1}{2}$ cup
Black Bean Salad, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

22
Grilled Cheese Sandwich
Steamed Carrots, $\frac{1}{2}$ cup
Seasoned French Fries, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

29
Roasted Chicken Pieces
WG Breadstick
Brown Rice $\frac{1}{2}$ cup
Kidney Beans, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Tuesday

2
Turkey Tacos
& Baked Chips
Green Pepper Strips, $\frac{1}{2}$ cup
Sweet Potato Fries, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

9
Beef Cheeseburger on Bun
Sweet Potato Fries, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

16
Brunch for Lunch
Egg & Cheese on a
WG Bagel/English Muffin
Hash Browns $\frac{1}{2}$ cup
Green Pepper Strips, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

23
Chicken BBQ Teriyaki
with Brown Rice
Steamed Broccoli, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

30
Turkey Tacos
& Baked Chips
Green Pepper Strips, $\frac{1}{2}$ cup
Sweet Potato Fries, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Wednesday

3
Chicken Patty on a Bun
Potato Wedges- $\frac{3}{4}$ cup
Fresh Seasonal Fruit, $\frac{1}{2}$ cup
Choice of Milk

10
Chicken Fajita
Sweet Plantains, $\frac{1}{2}$ cup
Black Bean Salad, $\frac{1}{2}$ cup
WG Breadstick
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

17
Pilgrim Lunch
Hot Turkey and Gravy
Mashed Potatoes, $\frac{1}{2}$ cup
Steamed Green Beans, $\frac{1}{2}$ cup
Biscuit, **Cranberry Sauce**,
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

24
Brunch for Lunch
Egg & Cheese on a
WG Bagel/English Muffin
Hash Browns $\frac{1}{2}$ cup
Green Pepper Strips, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

Thursday

4
Baked Macaroni
& Cheese
Carrot Coins, $\frac{1}{2}$ cup
Steamed Broccoli, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk



18
Beef Tacos on
& Baked Chips
Green Pepper Strips, $\frac{1}{2}$ cup
Sweet Potato Fries, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk



Friday

5
Sicilian Pizza
Steamed Zucchini, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

12
Crispy Mozzarella Sticks
Rotini Pasta
Marinara Sauce
Steamed Broccoli, $\frac{1}{2}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk

19
Cheese Pizza
Steamed Broccoli, $\frac{3}{4}$ cup
Assorted Fruit, $\frac{1}{2}$ cup
Choice of Milk



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.



The U.S.D.A. and
NYSED have
granted free
Breakfast and free
Lunch to ALL
students until
further notice

Available Daily
Peanut Butter or
Sun Butter & Jelly
Sandwiches
American Cheese
Sandwiches
(Mayo/Mustard)
Assorted Fruit
Fresh Fruit-1 Piece
ex (apple, banana,
orange
Frozen Fruit Cup $\frac{1}{2}$ cup
Prepared Fruit Cup $\frac{1}{2}$
cup
Ex. (pear, pear,
peaches, applesauce)