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**Wellness Wednesday**

WG Cheese Ravioli w/Vegetable Tomato Sauce

WG Garlic Toast

Roasted Lentils

Apple Wedges

**20**

**Boars Head Sandwiches offered w/or w/out Cheese:**

M – Turkey

T – Ham

W – Salami

Th – Roasted Chicken

F – Bologna

**Salads:**

M – Chef Salad

T – GrilledChicken Caesar

W – Tuna

Th – Hard Boiled Egg

F – SW Chicken / Cheese

All Entrée Salads served w/ WG Croutons, roll or breadstick.

**WG = Whole Grain**

**Wellness Wednesday**

Bean & Cheese WG Burrito

Spanish Rice

Tomato Salsa

Guacamole

Tomato Salad over

Dark Greens

Watermelon

**27**

WG Spaghetti w/ Kale No-Nut Pesto or Italian Tomato Meat Sauce

Roasted Lentils

Roasted Carrots

Grapes

**25**

Villa Maria Pizza

WG Breadstick

Carrot Sticks

Apple Wedges



**29**

**Wellness Wednesday**

Breaded Fish or Baked Tofu Sticks

Sweet Potato Wedges

Roasted Cauliflower

Orange Wedges

**13**

**Daily Lunch Offerings:**

Side Salad - 1 Cup Dark, Leafy Greens Topped w/ Seasonal Produce

Fruits & Vegetables - A Variety of Fresh Fruits and Vegetables in 1/2 Cup Portions

Sunflower Seed Spread & All-Fruit Spread Sandwiches on WG Bread

Yogurt Parfait: All-Natural Yogurt w/Granola & Fruit

***\*\* Water stations are available with all meals\*\*\****

Pay for School Meals.” – **myschoolbucks.com**

Chicken or Veggie and Cheese WG Quesadilla

Spanish Rice

Black Beans

Sweet Corn

Guacamole

Melon Wedge

**19**

Tacos w/Beef or Veggies with 1oz Cheese

Tomato Salsa

Brown Rice & Black Beans

Sweet Corn

Banana

**12**

Beef Burger or Veggie Patty on a WG Roll

Sliced Tomato, Baby Spinach & Cheddar Cheese

Mixed Red Cabbage Cole Slaw

Banana

**26**

Baked WG Chicken Fingers or Tofu Strips

Sautéed Kale

Sweet Potato Wedges

WG Pasta Salad

Pear

**28**

**More info…**

If you have any questions, please call Sandra Renken the Food Services Department at (914) 220-3337

\*Free or Reduced Lunch Program. To Apply, Visit mamkschools.org/parents-community/food-services.

**Lunch pricing…**

$2.80 – Students / $3.75+Tax - Adults

$0.25 or FREE – FRLP\* Participants

Lunch Includes :

Protein, Bread/Grain, Vegetable, Frui and Choice of Fat-Free White, Chocolate or 1% White (8 oz).

Mixed Vegetable & Cheese Quiche

w/WG Crust

Citrus Green Salad

Grape Tomatoes

WG Roll

Grapes

**11**

**Wellness Wednesday**

3 Bean Chili

Cornbread

Brown Rice

Sweet Potatoes

Cucumber Salad

Pear

**6**

Baked, WG Macaroni

& 3 Cheeses

Spinach & Apple Salad

Vegetarian Beans

WG Roll

Apple Wedges

**7**

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes Min-Max calories, Saturated Fat, Sodium, specific component offers for all fruits, vegetables, grains, meat/meat alternates and milk.

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**##**

WG Noodle Bowl w/Chicken

Sliced Ginger Carrots & Sugar Snap Peas

Green Beans

Pineapple

**18**

**Rosh Hashanah**

**No School**

**21**

**Rosh Hashanah**

**No School**

**22**

Roasted Chicken Curried Vegetables

Couscous

Chickpeas

WG Roll

Orange Wedges

**14**

Villa Maria Pizza

WG Breadstick

Carrot Sticks

Apple Wedges



**15**

**Labor Day**

**No School**

**4**

Villa Maria Pizza

WG Breadstick

Carrot Sticks

Apple Wedges



**8**

**First Day of School**

**No Lunch**

**5**

**Central Elementary**

**Lunch Menu**

**September, 2017**