

# Longwood Elementary School

Free & Reduced priced meal applications are available at [www.Longwood.k12.ny.us](http://www.Longwood.k12.ny.us) and at your child's school. If your child gets free or reduced lunch they also get breakfast! Prepay with [www.myschoolbucks.com](http://www.myschoolbucks.com) or send in your check, made payable to "Longwood School Lunch Fund". Don't forget to write your child's name and ID number on the check!

## MEAL PRICING:

Lunch Full Price	\$2.50
Reduced Lunch Price	\$0.25
Milk Only	\$0.50
Adult Meal	\$4.00


Breakfast is the most important meal of the day!

**STUDENT BREAKFAST—\$1.25:** Choice of Hot or Cold Assorted whole grain cereal, with graham crackers, fruit juice, milk

<b>Monday</b> - Pillsbury Mini Waffles	<b>Tuesday</b> - Pillsbury Mini Pancakes
<b>Wednesday</b> - Mini French Toast	<b>Thursday</b> - Pillsbury Mini Pancakes
<b>Friday</b> - Otis Muffins	

## LUNCH Menu

## January- April 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	NEW YORK THURSDAY	FRIDAY
<b>1</b>	Hamburger/Cheeseburger Vegetarian Baked Beans Smiley Fries	Chicken Strips Sweet Potato Waffle Fries Broccoli Trees Dinner Roll	Turkey Taco Boat Refried Beans Sweet Corn Lettuce, Cheese, Salsa Sour Cream	Chicken Rings Carrot Coins Dinner Roll Chick Pea Salad New York Apples 	Pizza Wedge Lean Mean Green Beans Crunchy Side Salad Ranch Dressing
<b>2</b>	Sabrett Hot Dog Whole Wheat Bun French Fries Homestyle Baked Beans	Chicken Nuggets Sweet & Sour Sauce Sweet Potato Fries Warm Cornbread Steamed Broccoli Trees	Mozzarella Sticks Marinara Dipping Sauce Warm Breadstick Sliced Cucumber Superhero Salad Ranch Dressing	French Toast Sticks Hash Browns Mozzarella String Cheese Maple Syrup New York Apples	Round Pizza Power Peas Crunchy Side Salad Low Fat Dressing
<b>3</b>	Cheeseburger/Hamburger Whole Wheat Bun Smiley Fries Homestyle Baked Beans	Popcorn Chicken Tator Tots BBQ Sauce Broccoli Trees Dinner Roll	Turkey Taco Scoops Sweet Corn Fluffy Brown Rice Lettuce, Cheese, Salsa Sour Cream	Turkey & Cheese Bagel Melt Mini Pretzels Carrot Coins New York Apples	French Bread Pizza Lean Mean Green Beans Crunchy Side Salad Ranch Dressing
<b>4</b>	Meatball Dunkers Whole Wheat Club Roll Mixed Veggies Superhero Salad Ranch Dressing Mixed Veggies	Crispy Chicken Patty Sandwich Crunchy Side Salad Broccoli Trees	Taco Triangles Sweet Corn Sliced Cucumber	French Toast Sticks Danimals Yogurt Hash Browns Maple Syrup New York Apples	Pizza Bagel Power Peas Crunchy Side Salad Ranch Dressing

A Full Lunch includes a choice of entrée supplying protein and 100% whole grains, up to 2 vegetable side dishes, 2 fruit choices, baby carrots and milk. Milk choices include 1% white, fat free white and skim chocolate.

### What Makes a Lunch?

Select 3-5 Components



One must be a



Healthy Daily Entrée Alternates served with vegetable, fruit and a milk include served daily:

- Chef Salad
- Whole Wheat Cheese Pizza
- PB&J Jamwich

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Week 1 Meal Plan
  Week 2 Meal Plan
  Week 3 Meal Plan
  Week 4 Meal Plan

We do reserve the right to change menus due to unplanned school closings or vendor availability.

"USDA is an equal opportunity provider and employer"

