

Longwood Elementary & Middle Schools

Free & Reduced priced meal applications are available at 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 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

Monday - Pillsbury Mini Waffles **Tuesday**- Pillsbury Mini Pancakes
Wednesday - Mini French Toast **Thursday** - Pillsbury Mini Pancakes
Friday – Otis Muffins

LUNCH Menu

June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	LCSD along with The USDA will be offering FREE breakfast and lunch to anyone 18 years old or younger! Monday -Friday 7/9 – 8/17 Breakfast 9:00am 9:30am Lunch 1:00pm - 1:30pm Longwood Middle School Cafeteria			1 Pizza Bagel Power Peas Crunchy Side Salad Ranch Dressing
4 Hamburger/Cheeseburger Vegetarian Baked Beans Smiley Fries 	5 Chicken Patty Whole Wheat Bun Sweet Potato Waffle Fries Broccoli Trees	6 Turkey Taco Boats Refried Beans Sweet Corn Lettuce, Cheese, Salsa Sour Cream	7 French Toast Sticks Hash Browns Mozzarella String Cheese Maple Syrup New York Apples 	8 French Bread Pizza Lean Mean Green Beans Crunchy Side Salad Ranch Dressing
11 Chicken Patty Whole Wheat Bun Homestyle Baked Beans French Fries	12 Chicken Nuggets Sweet & Sour Sauce Sweet Potato Fries Warm Cornbread Steamed Broccoli Trees	13 Turkey Taco Scoops Sweet Corn Fluffy Brown Rice Lettuce, Cheese, Salsa Sour Cream	14 Chef's Choice 	15 Chef's Choice 
18 Chef's Choice 	19 Chef's Choice 	20 Half Day	21 Half Day	

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

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

June 2018						
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

June

Interested in working at a school near you? Please call the Food Service Office at (631) 345-2805

"USDA is an equal opportunity provider and employer"



Serving our Children, Free, Nutritious Meals

