

Longwood Middle School

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

September-December 2017

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Hamburger/Cheeseburger Smiley Fries Vegetarian Baked Beans	Chicken Strips Sweet Potato Waffle Fries Broccoli Trees	Mozzarella Sticks Marinara Dipping Sauce Warm Breadstick Sliced Cucumber Superhero Salad Ranch Dressing	Popcorn Chicken Bowl Mashed Potatoes Corn Niblets	Pizza Wedge Lean Mean Green Beans Crunchy Side Salad Ranch Dressing
2	Sabrett Hot Dog Whole Wheat Bun French Fries Vegetarian Baked Beans	Chicken Nuggets Sweet & Sour Sauce Sweet Potato Tots Warm Cornbread Steamed Broccoli Trees	Turkey Taco Boat Refried Beans Lettuce, Cheese, Salsa Sour Cream Sweet Corn Niblets	Roasted Turkey Turkey Gravy Sweet Corn Niblets Mashed Potatoes Warm Cornbread	Round Pizza Power Peas Crunchy Side Salad Low Fat Dressing
3	Cheeseburger/Hamburger Whole Wheat Bun Smiley Fries Vegetarian Baked Beans	Popcorn Chicken Tator Tots BBQ Sauce Broccoli Trees	Cheese & Chicken Quesadilla Pinto Beans Corn Niblets	Nugget & Mozz Stick Combo Marinara Sauce Carrot Coins	French Bread Pizza Lean Mean Green Beans Crunchy Side Salad Ranch Dressing
4	Meatball Dunkers Whole Wheat Club Roll Mixed Veggies Superhero Salad Ranch Dressing	Crispy Chicken Patty Sandwich Crunchy Side Salad Broccoli Trees	Turkey Taco Scoops Pinto Beans Fluffy Brown Rice Lettuce, Cheese, Salsa	Turkey & American Sandwich on Whole Wheat Kaiser Roll Pretzels Side Salad	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

September 2017

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

October 2017

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				

November 2017

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		

December 2017

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"

