

Longwood JHS & HS 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	\$2.75
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

January-April 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	NEW YORK THURSDAY	FRIDAY
1	BBQ Ribette Baked Beans Carrot Coins Sweet Potato Waffle Fries	Blazin' Ranch Chicken Wrap Shredded Cheddar Shredded Lettuce Sliced Tomato Onion Rings	Teriyaki Chicken Brown Rice Asian Veggie Medley	Popcorn Chicken Baked Sweet Potatoes Broccoli New York Apples	Chicken Strips Marinara Sauce Green Beans Warm Breadstick Tossed Caesar Salad
2	Meatball Parm Whole Wheat Club Marinara Sauce Melted Mozzarella Carrot Coins Spinach Salad	Chicken Bowl Popcorn Chicken Mashed Potatoes Turkey Gravy Sweet Corn Shredded Cheddar	Brunch for Lunch Cinnamon French Toast Sticks Hash Browns Chicken Sausage Patty Maple Syrup	Twin Turkey Tacos Shredded Cheddar Salsa & Sour Cream Black Beans Sweet Corn Salsa & Sour Cream New York Apples	Chicken Nuggets Mac & Cheese Steamed Broccoli
3	Beef Gyro Romaine Lettuce Tomato & Cucumbers Tzatziki Feta Cheese Chick Pea Salad Flatbread French Fries	BBQ Chicken 3 Bean Salad California Veggies Corn Bread	Hot Dogs Whole Wheat Bun Baked Beans Sauerkraut Sweet Potato Tots Garden Salad	Chicken Burrito Spanish Rice Pinto Beans Sweet Corn Whole Wheat Tortilla Shredded Cheddar Shredded Lettuce Sour Cream Salsa New York Apples	Hot Open Turkey Sandwich w/Gravy Whole Wheat Bread Carrot Coins
4	Cheeseburger Meatloaf Hamburger Bun Garden Salad Baked Beans Tator Tots	Chicken Parm Hero On Whole Wheat Club Marinara Sauce Melted Mozzarella Carrot Coins	Brunch for Lunch Cinnamon French Toast Sticks Hash Browns Bacon Maple Syrup	Turkey Taco Tostitos Bag Shredded Lettuce Pinto Beans Corn Niblets Shredded Cheddar Salsa & Sour Cream New York Apples	Chipotle Chicken Baked Potato Sweet Corn Bell Pepper Strips Shredded Cheddar Sour Cream Tri Color Chips

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:

- Pizza
- Salads
- Deli
- Yogurt Parfaits
- Grab & Go

January 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	31			

February 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			

March 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	31

April 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					

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"