

# Longwood Middle 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 Smiley Fries Homestyle Baked Beans	Chicken Strips Sweet Potato Waffle Fries Dinner Roll Broccoli Trees	Turkey Taco Boat Refried Beans Lettuce, Cheese, Salsa Sour Cream Sweet Corn	Chicken Rings Carrot Coins Dinner Roll 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 Tots Warm Cornbread Steamed Broccoli Trees	Mozzarella Sticks Marinara Dipping Sauce Warm Breadstick Green Beans Superhero Salad Ranch Dressing	Roasted Turkey Turkey Gravy Sweet Corn Brown Rice New York Apples	Round Pizza Power Peas Crunchy Side Salad Low Fat Dressing
<b>3</b>	Cheeseburger/Hamburger Whole Wheat Bun Smiley Fries Vegetarian Baked Beans	Crispy Chicken Patty Sandwich Crunchy Side Salad Broccoli Trees	Fiesta Chicken Black Beans Sweet Corn Shredded Cheddar Lettuce & Tomato Tostitos Scoops	Turkey & American Whole Wheat Kaiser Roll Mayo Mini Pretzels 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	Popcorn Chicken Tator Tots BBQ Sauce Broccoli Trees Warm Breadstick	Maxx Taco Triangles Sweet Corn Sliced Cucumber	French Toast Sticks Hash Browns Maple Syrup Danimals Yogurt 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

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.

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