

***NYS LOCAL FOODS***

*\*Upstate Farms Dairy  
-milk, yogurt, sour cream  
\*LynOaken Farms Apples  
\*Local Farm Vegetables and Fruit  
used in Meal Program  
highlighted in green*

**Available Daily**

PBJ  
Salad Bar  
Pizza M,W,F  
Tacos Tue  
Various Options Thurs

**Offered daily**

**with all School Lunches:**  
**Fresh or Prepared Fruit**  
(Must take ½ cup of Fruit or Vegetable –  
may take up to 1 cup)

**NY State Non or Low Fat  
White or**

If your Son or Daughter has a particular  
food allergy, please contact the food  
service office at [spaden@swcsk12.org](mailto:spaden@swcsk12.org)

Monday	Tuesday	Wednesday	Thursday	Friday
 				
<b>Chicken Fajita</b> Baked Beans 1/2C Green Beans 1/2C Fresh Fruit -1 piece <b>Milk-8oz</b>	<b>Twin Bosco Sticks w/ Marinara Sauce</b> Corn 1/2C Sliced Carrots 3/4C Fruit 1/2c <b>Milk -8oz</b>	<b>Buffalo Chicken Filet Sandwich</b> Steamed Broccoli 1/2C Mashed Potatoes 1/2C <b>NYS Apple-1Piece Milk-8oz</b>	<b>Chicken Nuggets</b> <b>NYS Cole Slaw 1/2C</b> 1C Romaine Salad= 1/2C Fruit 1/2c <b>Milk-8oz</b>	<b>Fish Sticks</b> Baby Carrots 1/2C Celery sticks 1/2C Fresh Fruit 1 piece <b>Milk-8oz</b>
<b>Havanna Nachos</b> Maple Glazed Carrots 3/4C Broccoli 1/2C Fruit 1/2C <b>Milk-8oz</b>	<b>Chicken Finger Sub</b> Black Bean Salad 1/2 C Corn 1/2C <b>NYS Apple -1 Piece Milk-8oz</b>	<b>Combo Basket</b> Peas 1/2C Tator Tots 1/2C Fruit 1/2C <b>Milk-8oz</b>	<b>Chicken Fajita</b> Green Beans ½C Sliced Cucumbers ½C Fresh Fruit -1 Piece <b>Milk -8oz</b>	<b>Macaroni &amp; Cheese</b> Baby Carrots ½C Mixed vegetables ½C Fruit ½c <b>Milk-8oz</b>
<b>Sloppy Joe On Bun</b> Green Beans 1/2C Baked Beans 1/2C Fresh Fruit -1 Piece <b>Milk -8oz</b>	<b>BBQ Chicken Wrap</b> Corn 1/2C Sliced Peppers 1/2C Fruit 1/2C <b>Milk-8oz</b>	<b>Sweet &amp; Sour Meatballs w/ Rice</b> Maple Glazed Carrots 3/4C Cauliflower 1/2C Fruit 1/2C <b>Milk-8oz</b>	<b>Nacho Grande</b> Steamed Broccoli 1/2C Peas 1/2C <b>NYS Apple -1Piece Milk-8oz</b>	<b>Fish Tacos</b> Sweet Potatoes 1/2C 1C Romaine Salad= 1/2C Fresh Fruit 1 piece <b>Milk-8oz</b>
<b>Meatball Sub</b> French Fries ½C Carrots ¼C Fruit ½C <b>Milk-8oz</b>	<b>Combo Basket</b> Corn ½C Black Bean Salad ½C Fresh Fruit- 1 Piece <b>Milk-8oz</b>	<b>Grilled Cheese</b> Baby Carrots ½C Green beans ½C Fruit ½C <b>Milk-8oz</b>	<b>Chicken Tender Sub</b> <b>NYS Cole Slaw 1/2C</b> Broccoli 1/2C <b>NYS Apple-1Piece Milk-8oz</b>	 <b>March 29th thru April 8th</b>