



Home-style favorites made with healthy proteins, whole grains, fresh fruits and vegetables.



Freshly Prepared Deli Style Sandwiches Made to Order
Featuring:

- Fresh Veggies
- Variety of Cheeses
- Whole Grain Breads, Rolls and Wraps



Daily house made soup

Offered with all meals:

Create Your Own Salad with Fresh Greens and a variety of Garden Fresh Veggies and Toppings.

Chef Creations like Pasta and Potato Salads are also available.

High School-middle school Lunch Menu April 2018

GET FRESH. BUY LOCAL.



2	3	4	5	6
9	10	11	12	13
Buffalo chicken Tender Mac and Cheese bowl Garlic Bread stick Veg of the day	Pulled Pork cheddar Melt Curly Fries Veg of the day	New Orleans Style BBQ Chicken pepper jack Sandwich Rice and Beans Veg of the day	Pepperoni pasta Ziti bake Garlic Bread stick Veg of the day	Italian Mix Pizza Roll Pasta Marinara Veg of the day
16	17	18	19	20
Oven Fried Chicken Tender Chicken with Roasted Garlic Mashed Potatoes , Sweet buttered corn	Mama Mia House made meatballs with spaghetti Green beans with garlic and tomato Pasta Fagioli soup	General TSO Chicken Veg Fried Rice Veggie Egg roll Veg of the day	Chicken Broccoli Alfredo Gariic Breadstick Fresh Broccoli Florets	Sausage and Pepperoni Stromboli Pasta with tomato Alfredo Veg of the day
23	24	25	26	27
Ground Turkey Nacho's Steamed Rice Vegetarian Refried Beans Sour cream, roasted tomato salsa	Honey Ginger Chicken Cilantro Lime rice Pork Egg Roll Veg of day	Bacon Swiss Chicken Sandwich with Garlic basil mayo Au gratin Potatoes Sweet corn	Chicken Riggie Pasta Buttered Dinner roll Veg of the Day	Ragin Cajun Pizza roll Pasta with spinach and garlic, tomatoes Veg of the day
30				
Crispy Chicken breast tenders Waffles, with Syrup Mashed Potatoes Southern Green beans				

Menu Subject to Change



Any questions please call Aaron Mondore, Director of Dining Services at 518-682-7428

If you have any food allergies, please let us know!

Prices: Student Meal: \$4.40



Daily hand Tossed Pizza by the slice



Available daily:
Cheeseburger, Chicken Patty, fresh buffalo Chicken
Served with Your Choice of Hot or Cold Vegetables, Salad, Fruit, Milk and Whole Grain Bread



Assorted pre-packaged entrée salads and deli sandwiches offered with fruits, vegetables and milk.

Daily Specials may include...
Chicken Caesar Wrap, Chicken Caesar Salad, Turkey Club Sandwich, Italian Sub and Yogurt Parfait's and



Grilled Panini
Toasty and Delicious!
Check the Deli Station daily for toasted Panini Specials

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