



## 2023-24 Meal Prices:

### Breakfast

Free

### Lunch

Free

### Reduced Breakfast/Lunch

Free

### Adult Lunch

\$5.42 (including tax)

### Lunch Alternates

All lunches and lunch alternates consist of Meat/Meat Alternate, Vegetable, Fruit/Fruit Juice, Bread/Grain and Milk.

### Fruit Parfait

Yogurt and Fruit served with WG Wheat Crackers

### Vegetarian Burger

Vegetable Burger w/wo Cheese served with Vegetable and Fruit of the day

### Soup with Turkey & Cheese Plate

1/2 cup of soup du Jour, Turkey and American Cheese slices, lettuce, tomato and sliced bread.

### DID YOU KNOW?

You can find [Nutritional](#) and [Allergy Information](#) on our district website.

### Earn While Your Children Learn!

Food Service worker positions available in most buildings! Contact the lunch office to learn how to apply for employment: 631-687-6525

\*Menu subject to change without notice\*

## BREAKFAST

Monday: Appleways Bar (w, s, m), fruit juice, milk  
 Tuesday: WG Blueberry Muffin Flat (w, m, e), applesauce cup, milk  
 Wednesday: Oatmeal Round (w, s, e), fresh fruit, milk  
 Thursday: Breakfast Bun (w, s, m), dried mixed fruit, milk  
 Friday: Cocoa Puffs Cereal Kit (w), juice, milk

# Middle Schools

## February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Brunch For Lunch Egg Omelet (e, m, s) Canadian Style Bacon, Sliced Bread (w) Hash Browns (s) Pineapple/Fruit Juice Milk Selection	2 Pizza (m, w) Tossed Salad Sliced Apples Milk Selection
5 Popcorn Chicken (m, s, w) Dipping Sauce Seasoned Green Beans Pears Milk Selection	6 Ciabatta Cheese Melt (w, s, m) French Fries (s) Peaches/Fruit Juice Milk selection	7 Meat Nachos (s, w) Cheese Sauce (m, s), Rice Baked Beans Applesauce Milk Selection	8 Teriyaki Chicken (s, w) Brown Rice Seasoned Carrots Mixed Fruit/Fruit Juice Milk Selection	9 Pizza (w, m) Broccoli Pears Milk Selection
12 Chicken Nuggets (w, s) BBQ Dipping Sauce Baked Beans Peaches Milk Selection	13 Mozzarella Sticks (w, m) Tomato Sauce Seasoned Green Beans Pears Fruit Juice Milk Selection	14 Brunch For Lunch Egg Omelet (e, m, s) Canadian Style Bacon Sliced Bread (w, s) Hash Brown Potatoes (s) Applesauce Milk Selection	15 Oven Fried Drumstick (w) Crazy Carrots Mixed Fruit Fruit Juice Milk Selection	16 Pizza (w, m) OR Oven Fried Fish (s, w) Broccoli Sliced Apples w/Cinnamon Milk Selection
19	20	21	22	23
26 Popcorn Chicken (m, s, w) Dipping Sauce Crazy Carrots Mixed Fruit Milk Selection	27 Mozzarella Sticks (w, m) Tomato Sauce Crazy Corn Apple Slices w/Cinnamon Milk Selection	28 Breaded Chicken on a Bun (e, m, s, w) Green Beans Peaches Fruit Juice Milk Selection	29 Tacos (s) w/ Hard or Soft Shell (w) Lettuce, Tomato, Cheese Sauce (m, s), Rice Baked Beans Pears/Milk Selection	<u>Allergan Key:</u> (e)= egg (m) = milk (s) = soy (w) = Wheat (p) = pork