



This year, there is such a thing as
FREE LUNCH FOR all students
 and breakfast! #eatwellk12

aramark 
Syosset CSD
High School
Lunch Menu
 October 2021

This Institution is an Equal Opportunity Provider

				1 Cheese Pizza or Turkey & Cheese Wrap Banana Black Bean Salad
4 Cheeseburger on WG Bun or Fresh NY-Style Bagel w/ String Cheese Apple Baby Carrots	5 Homemade Macaroni & Cheese* or Chicken Caesar Salad* "Cuties" Orange Mexicali Corn Salad	6 Boneless Buffalo Wings* or Fresh NY-Style Bagel w/ String Cheese Apple Celery Sticks	7 Chicken Filet on WG Bun or Fresh NY-Style Bagel w/ String Cheese Apple Side Spinach Salad	8 Cheese Pizza or Turkey & Cheese Wrap "Cuties" Orange Chickpea Salad
11 No School Columbus Day	12 Chicken Quesadilla w/ Salsa or Turkey Chef Salad* Banana Mexicali Corn Salad	13 Cheesy Stuffed Breadsticks w/ or Marinara Sauce or Ham & Cheese Wrap (P) Pear Cucumber Coins	14 WG French Toast Sticks w/Syrup & 2 Chix Sausage Patty or Chicken Caesar Salad* "Cuties" Orange Romaine Salad	15 Cheese Pizza or Turkey & Cheese Wrap "Cuties" Orange Chick Pea Salad
18 Grilled Cheese Melt on WG Bread or Fresh NY-Style Bagel w/ String Cheese Apple Baby Carrots	19 Spicy Chicken Filet on WG Bun or Turkey Chef Salad* Banana Mexicali Corn Salad	20 Beef Meatball Parmesan on WG Hero or Ham & Cheese Wrap (P) Pear Romaine Salad	21 Homemade Macaroni & Cheese* or Chicken Caesar Salad* "Cuties" Orange Steamed Cauliflour	22 Cheese Pizza or Turkey & Cheese Wrap Banana Black Bean Salad
25 Boneless Buffalo Wings* or Fresh NY-Style Bagel w/ String Cheese Apple Baby Carrots	26 WG French Toast Sticks & 2 Chix Sausage Patty & Syrup or Turkey Chef Salad* Banana Mexicali Corn Salad	27 Breaded Mozzarella Pizza Crunchers w/ Marinara Sc. or Ham & Cheese Wrap (P) Pear Romaine Salad	28 Beef & Cheese Burrito w/ Salsa or Chicken Caesar Salad* Cuties" Orange Steamed Butternut Squash	29 Cheese Pizza or Turkey & Cheese Wrap Banana Black Bean Salad

Meal Price: Breakfast and lunch meals are **FREE** for all students through June 30, 2022.
 A la carte items such as snacks and bottled water are **NOT** part of the program, and therefore, student accounts will be charged for those items.
Adult Lunch Meal: \$4.78+tax

More Info...
Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)
Daily Fruit Offerings: Apple, orange, banana, plus 100% apple juice or 100% fruit punch
Daily Vegetable Offerings: Baby carrots, Celery sticks
Available Daily Sandwiches: Sunflower Seed Butter w/ Jelly Sandwich; Cheese Sandwich; both on WG bread
Bagel Meal: Fresh NY-Style Bagel w/ 2 cheese sticks OR all-natural yogurt & 1 cheese stick
Hot Daily Entrée: Chicken tenders*
Please Note: (WG) denotes whole grain, (P) denotes item may contain pork, (*) denotes item offered with WG dinner roll(s)
 All deli sandwiches made with Boar's Head meats

Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.

- Meat/Meat Alternate
- Vegetable
- Whole Grain Item
- Fruit
- Milk