



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

aramark 
Syosset CSD
Middle School
Lunch Menu
 October 2021

This Institution is an Equal Opportunity Provider

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

Milk of the day will be one of the following:
 1% White, Fat Free White, Fat Free Chocolate
 (all antibiotic & hormone free)

Daily Vegetable Offerings: Baby carrots

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

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