



January 2024

Syosset High School LUNCH MENU

Powering
potential.

Available Daily

- Sunflower Seed Butter & Jelly Sandwich on sliced bread V
- Bagel meal: Fresh NY Bagel w/ 2 cheese sticks OR 1 Chobani Yogurt & 1 cheese stick V
- Yogurt Parfait with fresh fruit and granola* V
- Hummus Platter V with Flatbread & Carrots

Hot Daily Entrée's

- Grilled Cheese V
- Chicken Tenders*
- Hamburgers/Cheeseburgers
- Breaded Chicken Sandwich
- Spicy Breaded Chicken Sandwich
- Cheese Pizza V
- Pizza of the Day

Made to Order Stations

- **Deli Station** - Featuring Boar's Head Deli Meats
- **Tortilla Station** – Featuring Nachos, Tacos & Rice Bowls



MON	TUES	WED	THURS	FRI
1 New Year's Day School Closed	2 Cheesy Stuffed Breadsticks V Turkey Chef Salad* Pear Celery	3 French Toast with Syrup & Chicken Sausages Chicken Caesar Salad* Apple Slices Romaine Salad New!	4 Chicken Rosé Penne Pasta* Turkey Chef Salad* Orange "cuties" Roasted Red Potatoes	5 Buffalo Chicken Calzone Chicken Caesar Salad* Apple Slices Vegetarian Beans
8 Chicken Drumstick* Chicken Caesar Salad* Apple Slices Steamed Carrots	Limited Time Offer 9 Turkey Barbacoa Birria Quesadilla Turkey Chef Salad* Pear Roasted Red Potatoes	10 Buffalo Chicken Dip Platter with Scoops & Celery Chicken Caesar Salad* Apple Slices Celery	Limited Time Offer 11 Turkey Barbacoa Birria Quesadilla Turkey Chef Salad* Orange "cuties" Spinach Salad	12 Spicy Pepperoni Stromboli (P) Chicken Caesar Salad* Apple Slices Chickpea Salad
15 Martin Luther King Jr. Day School Closed	16 Mozzarella Sticks V Turkey Chef Salad Pear Celery	17 Egg Roll in a Bowl Chicken, Fresh Veggies, House-made Duck Sauce, & Crispy Tortilla Strips Chicken Caesar Salad* Apple Slices Romaine Salad	18 Penne Pasta with Chicken Meatballs* Turkey Chef Salad* Orange "cuties" Roasted Red Potatoes	19 Meat Lovers Calzone (P) (Pepperoni Beef, & Sausage) Chicken Caesar Salad* Apple Slices Vegetarian Beans
22	23	24	25	26
Limited Service Due to Testing – Deli Side will remain Open				
29 French Toast with Syrup & Chicken Sausage Chicken Caesar Salad* Apple Slices Sweet Potatoes	30 Chicken Tenders with Rice & Thai Sate Sauce Turkey Chef Salad* Pear Cucumbers	31 Homemade Macaroni & Cheese* V Chicken Caesar Salad* Apple Slices Romaine Salad	Indicates Fresh Produce Denotes item prepared from Scratch or Speed Scratch	Menus are subject to change.

Kosher and Halal meals are being piloted at the HS. These meals must be pre-ordered by Thursday for the following week: <https://www.familyid.com/syosset-high-school>

Daily Fruit Offerings: Apple Orange Pear
 100% Apple Juice or 100%% Fruit Punch
Daily Vegetable Offerings: Baby Carrots Celery
 French Fries, Tater Tots, or Red Potatoes

Please Note: All Grains are Whole Grain unless otherwise noted, (P) denotes item may contain pork, V denotes Vegetarian option, (*) denotes item offered with WG dinner roll(s)

Meal Price: \$2.90
 Free/Reduced Students eat free!
 Adult Lunch Price: \$5.02

All Lunches Must Include Choice of:
 Fruits and/or
 Vegetable
 And May Include:
 Fat Free Milk, 1% Low-Fat Milk
 (White or Chocolate)

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