



January 2024

Syosset | Gluten Free Menu

MON	TUES	WED	THURS	FRI
¹ New Year's Day School Closed	² Gluten Free Chicken Tenders	³ Gluten Free Cheese Pizza	⁴ Gluten Free Pasta with Marinara Sauce and Mozzarella Cheese	⁵ Chicken Caesar Salad (no croutons) with a Gluten Free Roll
⁸ Gluten Free Bagel with 2 string cheese	⁹ Gluten Free Chicken Tenders	¹⁰ Gluten Free Cheese Pizza	Gluten Free Pasta ¹¹ with Marinara Sauce and Mozzarella Cheese	Chicken Caesar Salad ¹² (no croutons) with a Gluten Free Roll
¹⁵ Martin Luther King Jr. Day School Closed	¹⁶ Gluten Free Chicken Tenders	¹⁷ Gluten Free Cheese Pizza	Gluten Free Pasta ¹⁸ with Marinara Sauce and Mozzarella Cheese	Chicken Caesar Salad ¹⁹ (no croutons) with a Gluten Free Roll
²² Gluten Free Bagel with 2 string cheese	²³ Gluten Free Chicken Tenders	²⁴ Gluten Free Cheese Pizza	Gluten Free Pasta ²⁵ with Marinara Sauce and Mozzarella Cheese	Chicken Caesar Salad ²⁶ (no croutons) with a Gluten Free Roll
²⁹ Gluten Free Bagel with 2 string cheese	³⁰ Gluten Free Chicken Tenders	³¹ Gluten Free Cheese Pizza	Please pre-order by emailing Foodservice@syossetschools.org by Thursday to order for the following week. You must include the student's name, grade,	

Menus are subject to change.

Daily Fruit Offerings: Apple Slices
100% Apple Juice or 100%% Fruit Punch

Please Note:
All Grains are Whole Grain unless otherwise noted, (T) denotes item contains Turkey

All Breakfast Must Include
Choice of:
Fruits and/or
100% Juice
And May Include:
Fat Free Milk, 1% Low-Fat Milk (White or Chocolate)



This institution is an equal opportunity providers

Powering
potential.™



Breakfast Meal Price: \$1.00
Lunch Meal Price: \$2.90
Free/Reduced students eat free!

All deli sandwiches made with Boar's Head meats and Land O Lake Cheeses.

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 Alternative
 - Grain
 - Fruit
 - Vegetable
 - Milk

Breakfast:
GF Cheerios available at all schools each morning for breakfast.
No pre-order necessary for Breakfast.