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

aramark

Syosset CSD High School Lunch Menu

January 2022

This Institution is an Equal Opportunity Provider

3 Boneless Buffalo Wings* Fresh NY-Style Bagel w/ String Cheese **V** Apple Baby Carrots	**4** Chicken Filet on WG Bun Turkey Chef Salad* "Cuties" Orange Mexicali Corn Salad	**5** Cheesy Stuffed Breadsticks w/ Marinara Sauce **V** Ham & Cheese Wrap (P) Pear Side Spinach Salad	**6** NEW! Cheesy Chicken Chipotle Melt on a WG Tortilla Chicken Caesar Salad* "Cuties" Orange Green Beans	**7** Cheese Pizza **V** Turkey & Cheese Sandwich Apple Chickpea Salad
10 Cheeseburger on WG Bun Fresh NY-Style Bagel w/ String Cheese **V** Apple Baby Carrots	**11** Homemade Macaroni & Cheese* **V** Turkey Chef Salad* "Cuties" Orange Mexicali Corn Salad	**12** WG French Toast Sticks w/Syrup & 2 Chix Sausage Patty Ham & Cheese Wrap (P) Pear Romaine Salad	**13** Boneless Buffalo Wings* Chicken Caesar Salad* "Cuties" Orange Celery	**14** Cheese Pizza **V** Turkey & Cheese Wrap Apple Black Bean Salad
17 Martin Luther King Jr. Day No School	**18** NEW! Chicken "Rose" WG Pasta Turkey Chef Salad* "Cuties" Orange Mexicali Corn Salad	**19** Chicken Nuggets* Ham & Cheese Wrap (P) Pear Side Spinach Salad	**20** Chicken Meatball Parmesan on WG Hero Chicken Caesar Salad* "Cuties" Orange Cucumbers	**21** Cheese Pizza **V** Turkey & Cheese Wrap Apple Chickpea Salad
24 Cheeseburger on WG Bun Fresh NY-Style Bagel w/ String Cheese **V** Apple Baby Carrots	**25** Cheesy Stuffed Breadsticks w/ Marinara Sauce **V** Turkey Chef Salad* "Cuties" Orange Mexicali Corn Salad	**26** Grilled Cheese Melt on WG Bread **V** Ham & Cheese Wrap (P) Pear Romaine Salad	**27** Chicken Filet on WG Bun Chicken Caesar Salad* "Cuties" Orange Green Beans	**28** Cheese Pizza **V** Turkey & Cheese Wrap Apple Black Bean Salad
31 Boneless Buffalo Wings* Fresh NY-Style Bagel w/ String Cheese **V** Apple Baby Carrots				

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, pear plus 100% apple juice or 100% fruit punch

Daily Vegetable Offerings: Baby carrots, Celery sticks & French Fries or Tater Tots

Available Daily:

- Sunflower Seed Butter w/ Jelly Sandwich on WG bread
- Cheese Sandwich 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, **V** denotes Vegetarian option, (*) 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
-Whole Grain Item
-Milk
-Vegetable
-Fruit