




This year, there is such a thing as **FREE LUNCH** and breakfast!

FOR all students #eatwellk12

aramark 
Syosset CSD
Middle School
Lunch Menu
 January 2022

This Institution is an Equal Opportunity Provider

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

Daily Vegetable Offerings: Baby carrots

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
- Vegetable
- Whole Grain Item
- Fruit
- Milk